

Ashley's Sister

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VISIT...

LANZAROTE
Caliente.COM

Ashley's Sister's

Cannabis Cookbook

(with all the apostrophes in their right places...)

by

Ashley's Sister

(obviously)

*Being, the much sought-after guide
to the methods and manners of consumption for
Cannabis sativa.*

Conceived, written, designed, illustrated and photographed by

Ashley's Sister

with a little help from a loving friend.

Published by Waterfall Pty Ltd.

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in accordance with the Berne Convention.

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Cartoons like the one opposite & appearing on other pages depicting girls and boys
doing naughty things with illegal substances
© Chris Grosz & James Cockington,
and taken from their very entertaining
Boy's Own Book Of Debauchery,
courtesy Random House Publishing, 1996.

The spoon on the Dangerous Home Remedies page appears
courtesy of the Government Employment Health Fund.

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Anything else that should be printed on this page but happens to have been omitted has not been omitted deliberately. Rather, it is certain to be an omission due to the combined pressures of creative genius, general oppression and mortgage, and are in fact errors I have called into my life in order to more clearly seek and see the bigger and better questions, which *some* New-Age books claim to have all the answers for anyway, which they don't of course, some in particular seem to be a crock, but don't tell their five billion readers that it's simply an inelegant pastiche of 3000 years of philosophy and insight and packaged and sold as the key to life and the afterlife in USA USA type hype, but enough free publicity for XXX, and how the hell did I get dragged kicking and screaming on to it? what about a little free blurb for MY little book, hey? what a little gem, such easy reading and such easy and sweet growing, always growing, although I guess, sometimes things get smaller.. What? Someone out there actually bothers to read the small print?! GOODBLOODYONYA! If more people read the small print we wouldn't be in the shit-hole we're in, and believe me, the hole is a big one. Always read the fine print. Legal, illegal, hidden or confusing, read the bloody fine print. And this above all, to thine own self be true. Lots of love, A.S.

This book is dedicated to
*Shaykh Az-Zawaji Haydar**
Alice B. Toklas
and
George Washington



Returning home after term, 'Brains' Barrington humiliated his working class parents by flaunting his ill-gotten narco-dollars.

NOTE: Eating Marijuana can be a more potent means of consumption than smoking. Ensure you are fully familiar with the dosages and means of preparation mentioned before attempting any of the recipes in this book. The author and publishers of this book encourage the use of marijuana for its many applications including paper and cloth. The author and publishers also support the growing and use of marijuana as a recreational drug for responsible and private use by adults. This practice may be illegal in some parts of the world. We do not encourage the breaking of any state or federal law. If it is illegal in your part of the world, change the law.

**1150-1221. Claimed to have "discovered" hashish, and cultivated hemp in his monastery...*



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High Sweeties!

People have always considered my cooking to have a certain zing. Dinner parties tend to end in hilarity, and normal parties tend to end up all over the place!

Q. Why is the food sooo good? Well if you haven't sussed it by now you may as well just give up.

My foray into cooking with weed was inspired by my mother-in-law (in those days some people used to get married: I was one of them). She tossed a handful of hooch into her daughter's 21st birthday cake, and the party went down as one of the all-time great occasions of the mid-70s.

Some time after that Cannabis cooking took off in a big way in my little kitchen, and made many a hippy happy who encountered one of those special dishes. Some of those fab recipes are included here, and are so clever you can't even tell

there's grass in the gravy. Others are so bold all you can taste is glorious ganja. Of course darlings, the cooking methods have developed significantly as the years have gone along, offering greater scope for versatility in the kitchen.

So, my sweets, my honeys, my preciousess, enjoy your cooking with cannabis! The effects of Sativa on saliva! The beautiful fold-out 3-D pop-up recipes, the scratch & smell which is the cook-book of the future! Right here! Right now! Ahhh!

Allyster

Probably the most difficult thing about a cookbook like this is deciding how much to use.

Marijuana, that is. It is almost impossible to calculate how much of the plant should go into any given recipe because of the enormous variations in strength between different plants. One plant may well have up to five times the THC concentration (tetrahydrocannabinol: the stuff that gets you high) of another plant of the same variety, let alone the difference between a good Columbian and a weak Polish or Turkish strain.

While we know that there are going to be huge differences between, say, 5 grams of head (the bud, the flower, the most potent part) and 5 grams of kiff (the leaves, often used as a filler for smoking), there are even more significant differences between the buds depending on where they came from on the plant. The best bud is on top.

When you're smoking, the strength of the grass doesn't really matter all that much. If you aren't quite as high as you'd like to be, you just have another puff. With food it's not that easy. The THC takes much longer to get through your system, usually $\frac{1}{2}$ to 3 hours, and the high lasts about twice as long. It is very difficult, however, to calculate just how strong it is going to be when you're actually cooking or eating it, and whether or not to take just a tiny bit more (this is inevitably the wrong choice).

One plant may well have up to five times the THC concentrations of another plant of the same variety.

It is only through really knowing the quality of your supply that you can be sure about what you are doing. I suggest you grow your own. (& there's a great little book out there to show you how!)



Eating the stuff is a great way to (a) get high and (b) use up all your left-over leaf that you didn't know what the hell to do with anyway. It is the small leaves around the buds that are most commonly used in cooking. What is suggested for these recipes is approximately 1-3 grams (1 oz) of leaf as an average dose (what is required to get an average person averagely stoned). Once experienced, you can fine-tune the recipes to your own taste, for now crank up the music, strap on your lederhosen and follow all the instructions carefully.

The THC takes much longer to get through your system, between 30 minutes and 3 hours.

The Ten Commandments

(of cooking with grass)

- 1. Thou shalt read ALL the bloody rules.**
- 2. Thou shalt follow them. They are here for a reason.**
- 3. Thou shalt be bloody cautious. You can get a lot of potency out of leaf when cooking with it. Unlike smoking, it IS possible to OverDose when you eat it, so start carefully. No, not OD like Mr Pheonix, but a kind of "oh-my-god-I-feel-sick-I-wish-I-hadn't-done-that" type of OD. So START SLOWLY.**
- 4. NEVER slip doped food to people who don't know what's in it. Some people can react violently to this stuff, especially if they don't know what's happening.**
- 5. It is the COOK'S responsibility to know how strong the dose is, and that those participating are aware of it. Begin cooking with LOW doses.**
- 6. As a general rule, fatty foods (with butter, milk, oil, etc) will get you higher faster than foods high in carbohydrates. Some foods will therefore use more dope and some will use less. In general, main meals will have a less calculable effect than, say, a dessert or snack, because the more food you eat, the slower and less predictable are the effects of the dope.**
- 7. Just like grog, people with lower body weight and tolerance will be more affected than those used to smoking pot.**
- 8. It can take up to THREE HOURS for the dope to affect you when you eat it. Take a small amount and wait for an hour or so. You can always eat more after the effects have kicked in.**
- 9. BEWARE of mixing alcohol and eating dope. This is a much stronger mix than drinking and smoking. Grass-extract alcohol in particular (Method 4) can be very, very strong.**
- 10. REMEMBER that different strains of hooch can have very different potency. If you're not sure how strong it is, smoke a little first and try to gauge it. AVERAGE THC CONTENT OF LEAF, 1 - 2%; BUD, 5 - 7%.**

Pot prep

Method 6: Hash

Easy to use 'cos it's already made with oil. 1/8 to 1/2 a gram, dissolved in a little hot water / milk / butter / warm oil from the recipe. Straight in. (Again, there can be enormous variations in strength).

Method 3: Leaf Flour

Another beautifully efficient way of getting stoned with leaf. Do exactly the same as Method 2, but with leaf.

Method 2: Flower Flour

Get your dry buds (microwave them for 30 secs if not completely dry), pop them into a coffee grinder or blender. Whizz. Don't lose the fine white powder, that's the main stuff you want to keep. Store in sealed container in fridge.

Variation

Put a little alcohol or oil from the recipe in the blender with the bud (as much as you need only for that recipe, obviously). Whizz.

Method 5: Dope oil

Same as Method 1 except you boil 2 cups of oil instead of butter. When it's cooled and strained and the water and oil have separated, stick it in the freezer where the water will freeze solid and you can pour your dope-oil into a container. Store in the fridge. (If your peanut oil freezes, scrape it off the ice, then store it). Store in fridge for about 1 month.

Method 4: Alcohol soak

To make a really potent brew, take a 750 ml bottle of whisky, vodka, rum, whatever, and mix in 30 - 60 grams of leaf. Stick the top back on and let it sit for 2 or 3 days. Strain out the leaf and press it to get all the grog out. Pour the liquid through the leaf again and press. Chuck the leaves, be careful with the grog. This will provide up to 50 doses to knock your socks off.

Method 1: Pot Butter

- ★ Dope butter is the best way of getting a hit. The only problem is it has to be prepared ahead of time, so do it now & do it properly. Who says I'm pushy?
- ★ You need 5 cups water, 100 grams of leaf, 2 cups of butter. It's best if the leaf is chopped up. Don't use the shade leaves! (they're the big ones).
- ★ Chuck it all in pan, bring it to the boil, cover, and simmer for about 2 hours.
- ★ Strain it, **KEEPING THE LIQUID**. Press the leftovers in the strainer to get all the liquid out.
- ★ Pour 1 or 2 cups of boiling water through the strained stuff to get all the THC out. Press again.
- ★ Cool the liquid, then put it in the fridge.
- ★ The butter will harden on top of the water. Keep the butter, chuck the water. Store the butter in a sealed container in the fridge.

How the hell do I know how strong it is if I use leaf instead of bud, or hash instead of leaf, or....?

Dose

ONE AVERAGE DOSE IS:

(enough to get an average person buzzing)

Leaf flour

½ to 2 grams / 1 to 2 tspns / ½ tblspn

Flower flour

¼ to 1 gram / ½ tspn

Hash

1/8 to 2 grams

Sinsemilla bud

1/8 to ½ a gram

Leaf dope butter

1 to 2 grams / 1 tspn

Alcohol extract

1 sip to ½ shot

Keep in mind that this is only a guide, and the quality of the dope as well as what it is cooked in, and how and when it is eaten will all change the effects considerably.



Potency

- The average potency of dope flower is 5% THC, and it can be as low as 3% or as high as 7%.
- The average potency of leaf is 1-2%.
- There is no average potency for hash, which can vary from 2% to 10%. It is only by really knowing your supplier or by trying a little that you can know its strength.
- Dope butter and dope flour are of approximately equal potency (for example 1 tblspn of dope butter = 1 tblspn of leaf flour), depending on whether there is sufficient oil/butter/fat used with the flour.

Weights

- 1 heaped tspn butter = 2 grams
- 1 tblspn butter = 15 grams
- 1 tspn bud flour = 2 grams
- 1 tblspn leaf flour = 5.5 grams

Conversion Table

The first line row across the table is the average dose described on the previous page. ie: ½ to 2 grams of leaf flour equals 1 to 2 grams of leaf butter. If a recipe calls for 4 teaspoons of leaf flour, and you can only get hold of hash, you should use two to four grams of hash, depending on its strength.



After last night's experience, Winston Sinatra vowed never again to take mind-expanding drugs.

	Leaf Flour	Bud Flour	Hash	Leaf Butter	Alcol X*
Grams	½ to 2 g	¼ to 1 g	1/8 to 2g	1 to 2 g	1 sip
Tea-spoons	1 to 2	½	½ to 2	1 to 2	1
	2 to 4	1 to 1½	1 to 4	2 to 4	1 to 2
	3 to 5	1½ to 3	1½ to 5	3 to 5	2 to 4
Table-spoons	½	-	up to ½	½	½
	1	½	½ to 1	1	1
	2	1	1 to 2	1½*	2
Cups	1	1/3	-	1	½
Misc.	4 tspn	2 tspn	2 to 4 g	4 tspn	3 - 4 tsp
	7 tspn	3 - 5 tsp	3 to 7 g	7 tspn	¼ - ½cup

4 teaspoons = 1 tablespoon

7 tablespoons = ½ cup

* Alcohol Extract

** Note that leaf butter is more efficient than leaf flour, so at higher quantities slightly less is required. Also note that alcohol is similarly efficient, thus noticeably less is needed at higher quantities.



How High Am I Gonna Get?

(On the difficult question of how strong this recipe is likely to be, and what are the ramifications of entering into such an undertaking?)



Level 1. Fairly weak. Will give your average person the kind of buzz that makes them wonder if they are buddha.



Level 2. Strongish. You *are* buddha, and everyone else in the world should join in and share this rare cosmic experience.



Level 3. Rocket fuel. Caution is encouraged because rockets sometimes explode.

How Long Is It Gonna Take?

(this is about PREPARATION TIMES FOR COOKING, not how long 'till the buzz)



1. Dead easy recipe, about 10 - 15 mins to prepare. One Stubby.

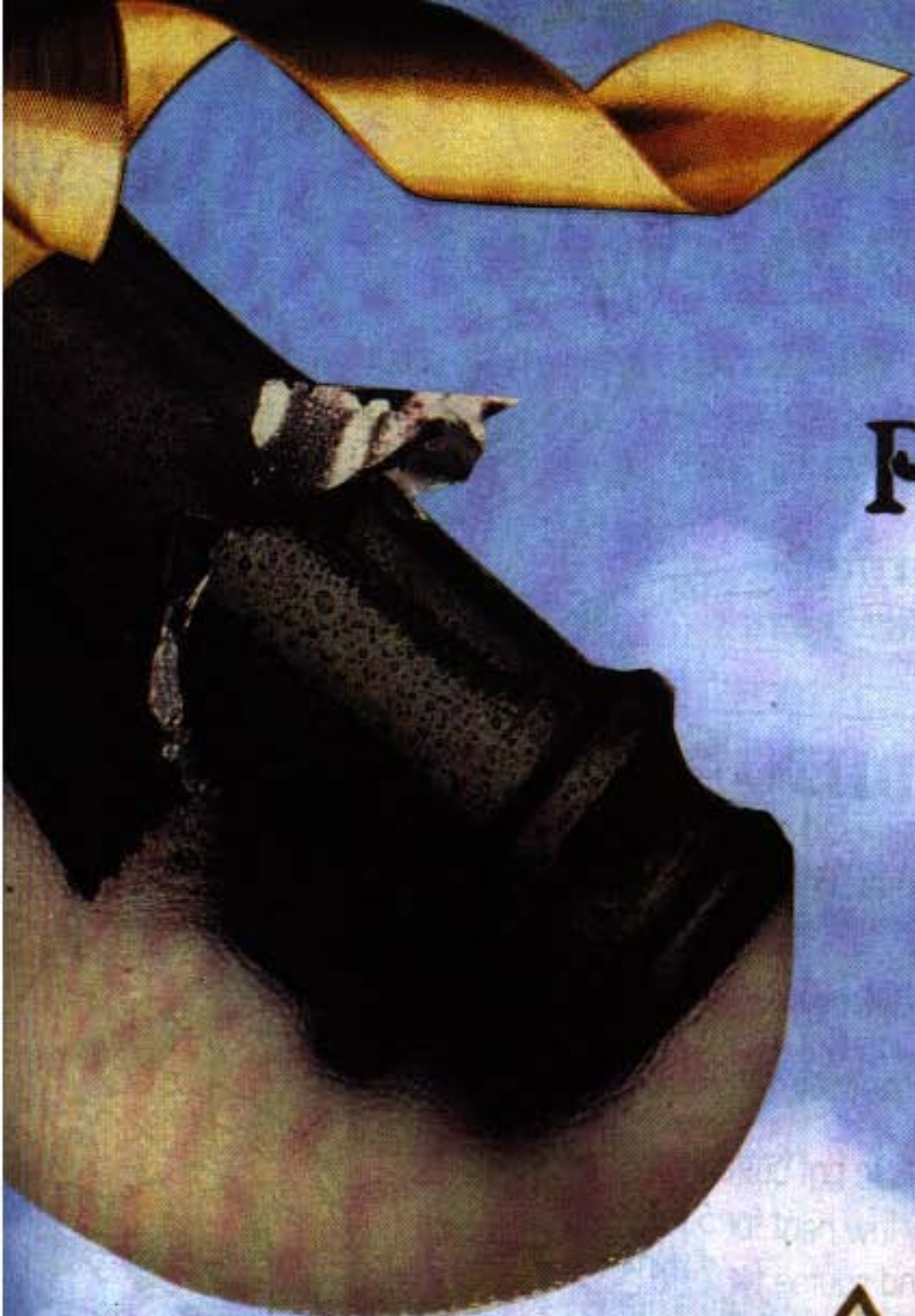


2. Easy recipe. Slightly longer prep time. Two Stubbles.



3. This one ain't necessarily difficult, it just takes a while. You may be needing a few drinks along the way.





Party Food

(*absolutely
fabulous
darling*)



POTENCY



PREP TIME



INGREDIENTS

30 g dope butter, 30 g normal
500 g raw peanuts, unsalted, red skins
1 large garlic clove. What the hell, 2.
- well chopped.

1/2 tspn chilli powder

1/2 tspn paprika

1/4 tspn caraway seeds

dash salt

Add peanuts to hot butter in pan

Stir over very low heat for 5 mins

Add garlic and sautee for 2 mins

Throw everything else in & stir while you
sautee for 3 mins.

Put peanuts in bowl and cool.

Eat

Drink very cold beer.

Eat some more drink. Eat. Drink.

hey! getting the hang of it...

CHILLI GARLIC PEANUTS

INDUSTRIAL CORN CHIPS

THESE ARE SOOO SCRUMMY. THEY'RE MADE OF POLENTA, CORN MEAL, WHICH IS THE STAPLE OF NORTHERN ITALY AS OPPOSED TO PASTA IN THE SOUTH. THE ONLY PROBLEM IS THAT IT TAKES A FAIR BIT OF STIRRING.

POTENCY 

PREP TIME



20 BIG CHIPS

INGREDIENTS

1 1/4 cups polenta.
1 cup cold water.
2 cups boiling water.
1 1/2 tblspn/ leaf flour.
1 tblspn lecithin (vital).
2 tblspn/ oil.
3 tspn/ salt.

PHASE 1

Sprinkle the polenta, lecithin, leaf flour & oil into the cold water, in a saucepan over low heat. Stir.

Add the hot water. Stir.

Add salt. Bring to the boil. Stir.

Reduce heat. Stir.

Reduce heat to very low, keep stirring for 35 mins, until the polenta's very stiff. (It depends on how coarse the grain is, how quickly or slowly it will stiffen).

PHASE 2

Pour the mix (or if it's too stiff, push the mix) into a flat glass dish which has been slightly wet with cold water. This stops the polenta from sticking. Keep the mixture thin (1/2 cm at most), you'll probably need more than one dish to do this. Put it to one side to cool.

PHASE 3

When it's cold, cut triangular shapes and either deep fry them in olive oil for 10 mins, or brush both sides with oil and bake in the oven @ 180° C for 20 mins. Either works. Do it 'till they're crispy outside. Sprinkle salt on top, & decorate with fresh basil if you wish. I like to serve them hot, but if they're done properly they're just as delicious cold.

POST SCRIPT

Another way to do them is to roll them in flour (shake off the excess) just before deep-frying. An easier way to get the golden effect right.

[illegible]

Drep time:

**Serves: 8**

Mix together 2 large grated zucchinis, 1 medium grated onion, 4 eggs, an optional 3 rashers of bacon (fat removed, chopped into mediumish pieces), 1 cup self raising flour, 1 cup grated cheese (something with flavour), ½ cup of oil, 2 tblspns of leaf flour, salt and pepper to taste. Pour into a lightly greased oven pan (2 - 3 cm deep). Cook for 10 mins in microwave, or 30 - 40 mins in 200°C oven.

Fush Puffs

(a recipe from my friends in NZ)

Potency: 

Prep time: 

Makes: 30

THE PUFFS

750 g fish fillets

1 egg

3 slices bread

½ cup milk

1 tspn mild curry powder

1 tblspn flour

salt & pepper

1 egg (extra) beaten with
a dash of milk

plain flour and breadcrumbs

oil for deep frying

THE SAUCE

30g dope butter, melted

1 tblspn flour

2 tspns curry powder

1 cup milk

good dash sour cream

chopped parsley

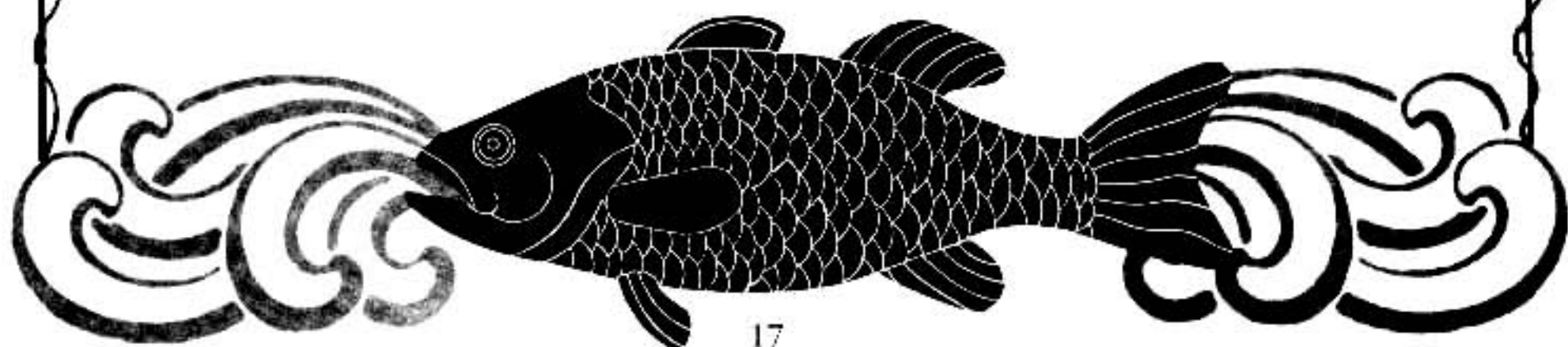
salt & pepper

Get rid of all the skin and bones of the fush. Chop the fush finely. **Chuck out the bread crusts & the kiwi accent.** Break up the bread roughly (into chunks, not with undue force). Cover it with milk and let stand for 10 mins. Next add the fish, 1 egg, curry powder and 1 tblspn of flour. **Refrigerate for 1 hour.**

Make balls out of the mix. Roll the balls in flour, plunk into the egg & milk bit, then coat in breadcrumbs. **Refridge them again for 30 mins.** (see I told you it took a long time to make). Deep-fry until golden brown. Serve hot.

"But there's no dope in this one", I hear you cry. Relax chillun, the secret's in the sauce...

Add the flour and curry powder to the hot butter & stir till smooth (sprinkle it through a strainer/sieve). Cook 1 min, remove from heat. Add milk gradually whilst stirring, stir till smooth. Return to heat & stir till it boils and thickens. Add sour cream, parsley and salt & pepper. Dunk in your fish puffs - bliss.



Τυρόπητες (Phonetic: teròpittez) (CHEESE & SPINACH THINGS)

- Have a coffee to start. Make it strong. Make it really strong. If it doesn't melt the spoon or put hair on your palms, add more coffee.
- 250g fetta. Use Grik fetta, or else.
- Éna (one) bunts (bunch) spinats (spinach) - washed, steamed and finely chopped
- One onion, finely chopped.
- 4- 7 teaspoons leaf flour
- Parsely (use grik) (some people who don't know better call it italian)
- A little βασιλικό, (vasiliko - basil) (just love basil), chopped up with the grik parsely.
- Packet of filo pastry. (Of course, in the old country, my grandmother would get up at 4 am to make filo pastry by hand for breakfast, and if you were a real cook).
- 50g melted butter (voutiro). (Of course, in the old country, my grandmother would get up at 3 am to milk the goats to make the fetta and the butter, and if you were....).
- Salt (alati) and pepper (??) to taste.

Crumble the fetta into a bowl and mix in all the other ingredients except the melted butter.

To make the parcels, peel off one sheet of filo and cut it in half lengthwise (you need a large, dry, clean surface for this). Take one half and....

Brush one side with melted butter. Fold in half lengthways (enclosing the butter).

fig A



Put a dob (1 heaped teaspoon) of mix at one end. fig B



Fold the pastry over the dob (into triangles, like folding a flag). fig C



Keep folding all the way to the end of the sheet. fig D



Brush the outside of the parcel with butter. Start again.

When all the mix is used up put them onto greased trays, into pre-heated oven @ 200°C for 20 mins or until browned.

Έτοιμος!

Mulled Mull

This traditional mulled wine has been spiked with a little extra mull: You need 1 bottle cab sav, 2 teaspoons leaf flour, 4 cloves, sultanas, almonds, 1 cinnamon stick, dash of cardamon, dash of nutmeg.

Combine all the ingredients in a saucepan, warm gently and keep below a simmer for 2 hours. Serve hot, BUT NOT MUCH! Serves 6.

Mix together:

1 cup milk
(soy or regular)
1 to 2 tspns of
leaf flour
2 tblspns of
honey or sugar
1/2 tspns of
cardamon
2 whole cloves
dash of cinnamon
dash of nutmeg

Bhang Lassi is an Indian whizz made up of two parts, a dope leaf and milk concoction (that's the Bhang) and Lassi, a traditional drink. As the Indian Drug Report says, 'No god or man is as good as the religious drinker of bhang'.

Heat the mix gently till it's almost boiling, then simmer for 30 - 40 mins. Strain & serve OR Cool slightly and mix in 2 cups of yoghurt. Serves 2 people.

Wild Wine

Add 1 to 3 grams of bud to a bottle of decent red wine. You'll want a bit of flavour, something like a cab sav, maybe with a little merlot. The dope bud is more effective if you chop it up (the finer the better) before adding it to the wine. Stick the cork back in and allow it to age for 2 to 3 weeks, and be careful when you serve it: One glass is enough! So you should get six serves out of one bottle. Don't worry too much about the wine going off or oxidising, there will only be a small exchange of air, not enough to do any harm to the wine. Just be careful that you don't destroy the cork whilst removing it, or you'll have nothing to stick back in (unless you have those dinky little vacuum-sealer thingys, which work very well).

Drinksh!



WARNING: Exercise caution when combining alcohol and ingested dope, either eaten or drunk.

Lentils, or pulses, are delicious if prepared properly. They are also incredibly good for you so get healthy whilst you get high. These dishes would normally accompany a plainish rice dish and have salad on the side. The texture of dahl should be much thicker than soup but remain soggy enough for soaking your bread in...Mmmmm.

DAHL

Potency



Prep Time



Serves: 4 as a meal, more as a dip

Heat the oil in a biggish saucepan over a low heat. Stir in the onions, garlic and cumin & cook until the onion is soft, lower heat. Next add the curry powder, coriander and leaf flour, cook until the onions brown (are you keeping an eye on the colour of your onions?).

2 tablespoons of leaf flour
4 tablespoons of olive oil
2 medium onions
1 large clove of garlic finely chopped
(oh what the hell make it 2)
2 teaspoons of cumin
2 teaspoons of Malaysian curry
(add more if you like things hot)
2 teaspoons of ground coriander
8 - 10 whole cloves
225g of red lentils
1 cinnamon stick
725ml of water or stock
(veg stock is best)
2 bay leaves
A pinch of salt

Stir in the lentils, cinnamon stick and the cloves, stir for a couple of minutes then add the water/stock and bay leaves. Bring to the boil then cover and simmer for 45 minutes, stirring occasionally. Serve with rice and salad or pappadums.

PAPPADUMS

Heat 1 cup of oil in a small frying pan - don't burn the stuff!
Stick 1 or 2 pappadams in the pan and enjoy watching them grow and puff.
Wait a few seconds then turn them over (using tongs, obviously).
Cook a few seconds then drain on absorbent paper.
Cook some more. Eat a couple while you're waiting. Cook some more...



**Quick Snacks
for Couch Potatoes**

COLUMN #1

1/2 cup
cornmeal

1/3 cup self
raising flour

1 tablespoon
sugar

1/2 teaspoon
ground cumin

pinch chilli
powder

1-3
teaspoons
leaf flour

CORN MEAL MUFFINS

(Muff Muffins?)

Potency 
Prep Time 
Serves: Me & you

Sift all of column No.1
into a bowl.

Stir in all of column
No.2, don't overmix it,
it should be quite
gluggy.

Spoon into 4 lightly
buttered muffin pan
things.

Sprinkle some extra
cornmeal over the top.

Bake 'em uncovered in a
medium oven (180°C) for
about 30 mins, stick
with a skewer to see if
they are ready (if bits
stick to the skewer leave
them a bit longer).

Serve hot with butter.
Fab!!

COLUMN #2

few shakes of
pepper

a little
chopped
parsley

1 egg lightly
beaten

20g
softened
butter

1/3 cup milk



You can refrigerate this
and eat a little here and
there on sandwiches, etc.

Pesto Presto

Italians would freak over this gentle bastardisation
(and improvement) of their most famous vega sauce
and spread.

Ingredients

- 1 too much garlic (5 cloves)
- 2 1 cup best oil you've got (olive, virgin)
- 3 1 tblsp leaf flour
- 4 large bunch fresh basil
- 5 almonds & pine nuts, handful
- 6 parsley



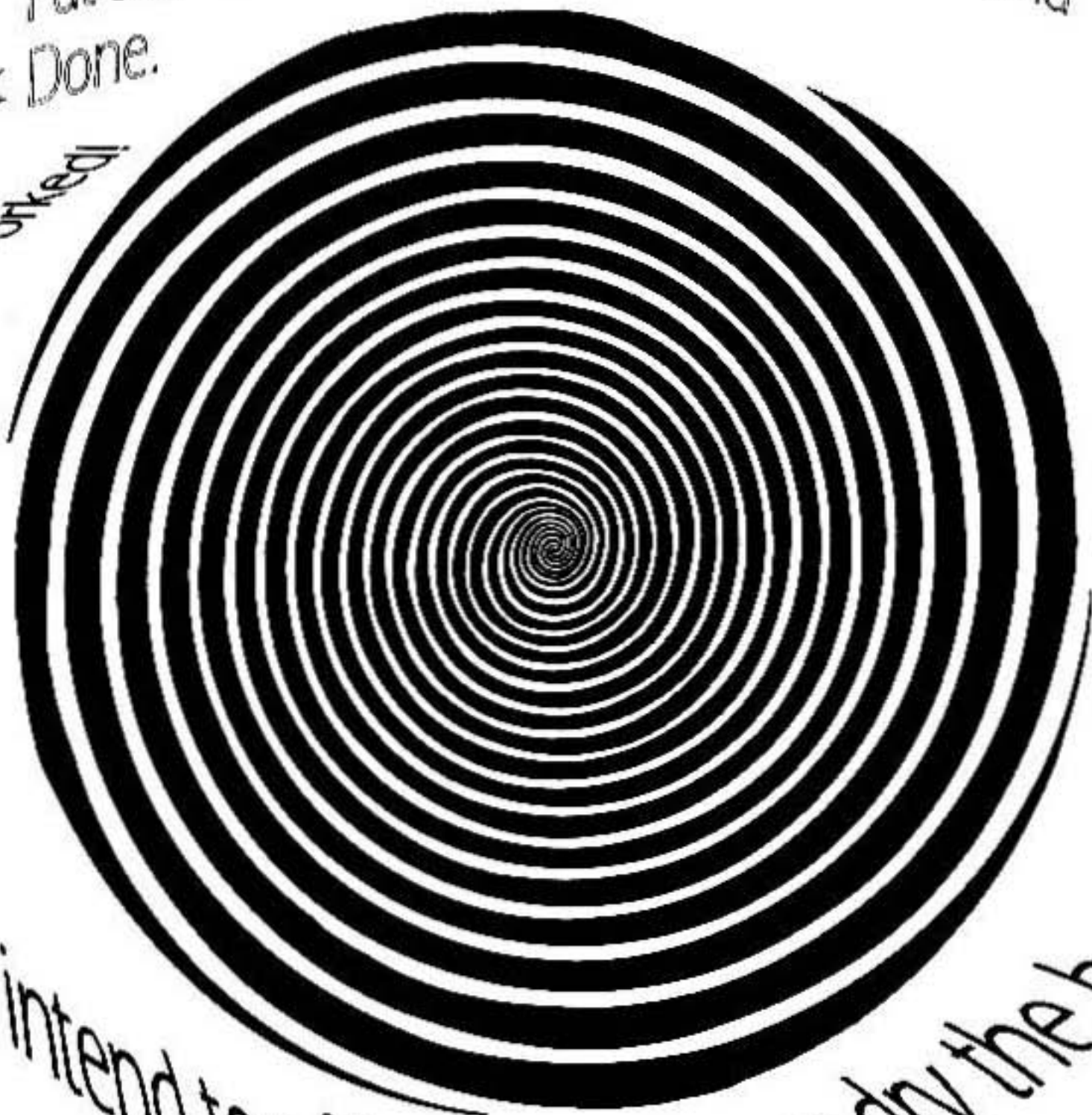
Put 1 2 3 & 4 into processor or blender and blend



Put 5 & 6 in and blend a little.

Done.

stare here to see if it worked!



it
after washing

If

you intend to refrig. it, ensure you dry the basil

Put a table spoon in the
frypan with some oil and
toss your pasta in it. Fab.





HASH BROWNS

The original Hash BROWNS HAD *nothing* to do with HASH, unlike COKE which originally had coke. No WONDER original Coke ads had everyone grinning maniacally. I now offer YOU a really truly Hash Brown, which will hopefully have the SAME EFFECT.

Potency



Serves: Me

Prep Time



1 small onion, chopped finely

2 pre-cooked spuds
(preferably cooked the day before)

1 tspn dope butter mixed
with 1 tblspn normal butter

flour

oil for shallow frying

Saute the onion very gently in the butter mix. Mush this with the spud. Make patties and roll them in flour. Shallow fry these over a medium flame until golden (4 mins each side). Eat, wait, grin maniacally!!



Sergeant Slaughter tried hard to give up his evil habits.



Potency: Unpredictable

Prep Time: 

Serves: Me



First, pour the beer into the chef. Now, you need some nice bread for this. Not the horrible squidgy kind you get at the 7-11. Cut a couple of decent slabs and cover one side of each piece with either a liberal dose of dope oil or a good smear of dope butter (see methods). Slap on a little tomato paste. Sprinkle on some oregano. Slice a mushroom and a little capsicum and pop them on (any other veggie you find lurking in the fridge will do - except for carrots, for some reason they just don't work on pizza). Grate or slice cheese on top, any kind will do as long as it is relatively free of mould. Whack it into a medium oven until the cheese melts. Oh YUM! I'm off to make one right now.

Mmm. I've also got garlic and basil on this one. I Just Love Basil.

Variations

Use pesto presto rather than dope oil/butter.

Try a different beer such as Coopers, Grolsch, Stella Artois, VB.....





Not realising that Young Bostock was a skilled ventriloquist, Conductor Sloane Runciman wrongly accused Margaret Rutherford of farting deafeningly.



What a THICK sort of THICKET that THICK THICKET is.

Titillating
Tongue Twisters
To Test Your
Tenacity

Just about anything in french. Here's one Napoleon himself may have tried, seeing as how it was his toy soldiers who introduced grass to Europe around the 1800s (there's a phonetic transcription below).

Bonjour. Vous êtes mariées? Puis-je vous offrir un verre?
bonsheer. voozet maree-eh. pweesh vooz offreeer an vair.
Mon aéroglisseur est plein des angille. Est-ce que vous
mon air-o-glisser eh plan dezan-gil. esk-ah vooz
allez chez moi bouncy-bouncy?
allay shay moi bouncy-bouncy.

WHOSE

hooch

HARVEST

is

hidden

IN

the

HOUSE?

SOY-BEAN BURGERS

good pinch mixed herbs

1 to 2 teaspoons dope butter

300 g can of soy beans (available fresh too)
half cup of wheatgerm
half cup finely chopped walnuts
chopped fresh basil if you've got it,
half a teaspoon dried if you ain't



sixish spring onions

Blend your soy beans in a blender.
Mix together all of the above ingredients.
Divide the mix into six (6) patties. Or seven. Or five big 'uns.

2 cups wholemeal breadcrumbs

1/4 cup sesame
seeds

Drop each pattie onto the breadcrumb & sesame seed mix, and press the
crumbs onto the patties.

1/3 cup of oil

Heat the oil. Fry each pattie (not necessarily individually) for about
four mins each side.



Dangerous Home Remedies

Remedy 1: The 'Flu

This is the last word on both the 'flu and garlic. You would need to be bloody ill to try it, and have a very loving partner who would (a) put it together, (b) administer it, and (c) put up with you afterwards. You may also need a joint to steel your nerves before starting.

Ingredients:

2 whole heads of garlic
A little head of dope
(enough for 1 joint).
2 shots of Vodka
½ cup Chamomile tea
squeeze of lemon
dash pepper and /or
TABASCO SAUCE.
1 heaped teaspoon honey
(or sugar, if no honey)
A dash of echinacea if available
(or tablets)
2 strong painkillers with codein

You will also need:

Newspaper
4 Plastic bags
Masking tape



Sarah took her methadone reluctantly

Take one clove of garlic and crush the juice of it into a glass. Peel all the rest of the garlic and mash it into a paste. Put it to one side.

Put all the ingredients *except the garlic paste* and the tablets into the glass with the little bit of garlic juice in it. Stir once, drink it, and swallow the tablets.

Now, smear the garlic paste on the soles of your feet. **Go on! Do it!**

Wrap a few strips of newspaper around each foot like a big sock and tape them in place. Put two plastic bags over each foot and tape them in place.

Go to bed and crash out big time. Put towels underneath you to collect the sweat. Tomorrow, your 'flu will be gone. You will stink garlic from every pore in your body for a full week, but your 'flu will be gone.

Amen.

*The
Main
Event*

Ingredients

2 carrots
2 large spuds
1 sweet potato
1 capsicum
1 onion
1 zucchini
Small head
of broccoli
(or any other
vegies you have
in the fridge)
25g dope butter
2 cloves garlic
1 tablespoon
curry powder
2 teaspoons fresh
grated ginger
(this is a real zinger!)
1 can coconut milk
(400 grams approx)
1 cup water

Potency



Prep Time



Serves: 2-6

VEGGIE

Prepare your vegies by washing them and chopping them into chunks (don't succumb to dainty chopping, it just won't do). Pick a big saucepan and gently saute the onion, garlic, curry powder and ginger in the dope butter until the onions have softened and everything smells great. Bung in all the other ingredients and heat to a simmer. Put on the lid and cook on the lowest setting possible for 15 mins. If you like it mushy cook for 25 - 30 mins. I like it best cooled and then reheated later in the day, so the flavours really mature.

"Stimulate the phagocytes.
Drugs are a delusion."
George Bernard Shaw

Ah, my cockles are warm again!

S.W.

This is a great curry. Dead simple. Go for it in winter.



Sing-a-long recipe #1

Meat Loaf

(or, "If I Gotta Cook Tonight,
You know I Wanna Cook Tonight")

1 to 2 tablespoons *dope butter*, mixed with
1 to 2 tablespoons *normal butter*
small finely chopped onion
1½ kilos finely minced beef
4 bacon rashers, chopped
herbs (oregano, marjoram)
1 clove chopped garlic
good splash of red wine or port (¼ cup)
1 tablespoon Worcestershire sauce
a little salt and pepper

The onions are sautéing in the butter over a gentle fire (for 10 mins)
Way down in the kitchen tonight.
There's all the other ingredients mushed in with your bare hands,
And set aside for a while, if you can wait,
If all you got is time until the end of time.

Grease up your silver black phantom bike*
(* that's a greased loaf tin)
& hit the loaf in like a battering ram*
(* put the loaf in the tin)
When the metal is hot*
(* preheat oven to 160°C & put mix in for 1½ - 2 hours)
And the friends are all hungry*
(* Make sure it doesn't burn)
Take the loaf right out of the tin
Oh! It tastes just like you are kissing me...etc...(groan)

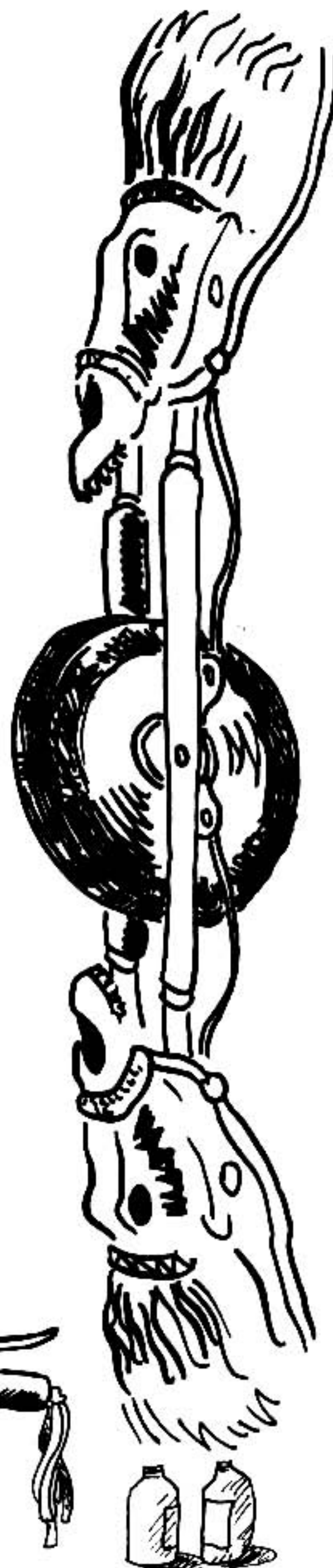
To get a taste of paradise,
Serve yourself a slice
with tomato sauce (& if you make it yourself it's heaps better):
(& you don't need no real pressure cooker going here)

Small onion finely chopped
3 or 4 whole tomatoes, roughly chopped
decent tablespoon of tomato puree
sprinkle of herbs
a little olive oil

Saute the onion in the oil for up to ten mins on a
very low heat. Put everything else in, lid on top,
and simmer on very low heat for ten - fifteen mins.

Salt and pepp if needed.

Hope your faded Levis don't burst apart.



Distinctive

Dangerous Home Remedies from the *Karma Sutra*

(I do not advise that you
try these at home)

Remedy No.2 *Enlarging the Penis (or Lingam)*

First, rub your lingam with
wasp stings and massage it
with sweet oils. When it
swells, let it hang for ten nights
through a hole in your bed,
going to sleep each night on
your stomach. After this
period use a cool ointment to
relieve the pain and swelling.
By this method men like
VISHAS of insatiable
sexual appetite, manage to
keep their lingams enlarged
throughout their lives.

To deter a man, a lady may
apply ointment of babchi seed,
bayberry, black plum, purgling
cassia, eucalypta, cactus and
iron filings - nothing withers a
penis faster.

Remedy No.3 *Of the Ways of Exciting Desire*

Anoint your penis, before
lovemaking, with honey into
which you have powdered
black pepper, datura, and
cannabis sativa. It will utterly
devastate your lady.

Leaves caught as they fall
from trees and powdered with
peacock bone and the
fragments of a corpse's
winding sheet will, when
dusted lightly on the penis,
bewitch any woman living.
And if to these powerful
ingredients, you add a
monkey's turd, grind them
together and sprinkle the
powder on your unsuspecting
lover's head, she will not be
given in marriage to
anybody else.



Ingredients

- * 2 cups short grain brown rice
- * Handful of wild rice (optional)
- * 4 cups water
- * 1 Lge onion
- * 1 Lge Zucchini
- * 1 Lge Carrot
- * 1 parsnip (optional)
- * Handful pine nuts
- * 2 tblspns tahini
- * 10-15g dope butter
- * 3 tspns mild curry powder
- * Salt & pepper
- * Flour & sesame seed mix (handful of each)
- * Oil for frying

Rice Balls Rice
Balls Rice Balls
Rice Balls Rice
Balls Rice Balls

Potency: 

Prep time:  

Serves: 4-6

First cook all the rice by the absorption method. This means you put the water and rice in a pan with a lid, plunk on the lowest flame you can muster and leave for 45-50 minutes until all the water is absorbed and the rice is nice and gluggy. Pour into a large mixing bowl and leave to cool for as long as possible (preferably an hour).

Next, finely chop /grate all the other vegie ingredients (go wild with a food processor if you have one). Melt the dope butter in a large frypan and gently cook the curry powder for a minute, then saute all the other vegies for 5-10 mins.

Mix these into the rice with the tahini, nuts and a liberal dose of salt and pepper. When it is all thoroughly mixed, grab a lump and roll it into a ball (somewhere between an egg and tennis ball in size) then roll in the flour/sesame mix.

Heat the oil and shallow fry the balls, turning frequently, until browned and crispy. Serve with either the tomato sauce from the Meatloaf recipe or with the Satay Sauce (my preference). Warning: make the Satay with ordinary butter rather than dope butter (beware of overdose, it is most unpleasant).



Spin-out Satay

(carnivore or herbivore)



Potency:  

Prep time:   

Serves: 4-6

Nothing like a really good satay to get your Pavlovian responses happening. Don't be put off by the long list of ingredients, it's really pretty easy. But this is also a "prepare a day ahead" kind of meal, to allow the meat to marinate.

Ingredients

1 kg rump steak
OR 1 kg tofu
3 tbsps tomato paste
one good splodge tomato sauce
3 tspns curry powder
½ tspn chilli powder
1 tspn garam masala
(optional, see glossary)
2 tspns ground cumin
1 clove garlic, well chopped
3 tbsps vinegar
(white if possible)
oil, 2 splodges
good dash soy sauce
1 tbspn water
skewers & oil

Satay Sauce

30g dope butter
1 medium onion, diced
4 tbsps peanut butter
½ tspn chilli powder
2 tbsps brown malt vinegar
2 tbsps sugar
dash of soy
½ cup water
1 cup coconut milk

Skewers

- Cut the fat off the meat & give it to the dog. If you're doing it with tofu tell the dog to piss off.
- Cut meat/tofu into strips about 2-3cm thick, and then cut these into chunks.
- Put all the other ingredients (except the sauce ingredients of course) into a bowl, mix well, then add the meat/tofu. Cover, leaving to stand as long as you can (overnight in the fridge is best).
- Soak the skewers in water.
- When ready to cook, drain the meat from the marinade. Skewer your squares and grill them on high turning frequently and brushing with extra oil. When they're brown, they're done.

Sauce

- Heat the dope butter in a pan and saute your onion. When the onion has softened, add all the other ingredients. Bring it to the boil and simmer gently for 5 mins or so until it's thick.

Meat on plate. Sauce on meat. Yeah!

Cannabis indica
(*Cannabis sativa*)

*From: Medical, Economic and
Useful Plants of India*

*Annual Herb, Leaf,
Flower and plant
Latex are highly*

intoxicating

Cerebral

Anodyne,

Antispas-

Diuretic

Leaf and L

taken orally

Flower and

are smoked,

intoxication

*Oral use of leaf
promptly increases
Sexual appetite and
vigour*

*(Aphrodisiac) and
appetite for food
(Stomachic).*

exclusively taken

India for

Indigestion,

bsia, Loss of

tite, Sexual

ss, Retained

Haemorrhage,

inus and

hobia. Seed

ed oil are

icturating

(Diuretic); taken

orally contracts the

Uterus (Ecboic) and

hastens delivery; also

relieves Asthma,

Rheumatism, Gout,

and Painful

Respiration.

boy

does she have a
bad case

OF THE
MUNCHIES





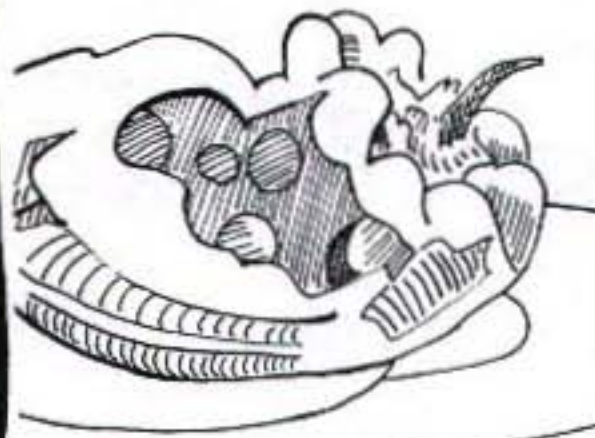
Get stuffing.

Potency: 
 Prep time: 
 Serves: 2



Ingredients 1

4 green peppers, chop the tops off and get the seeds out. Keep the tops.



Ingredients 2

1 bunch spring onions.
 10 oz breadcrumbs.
 2 small carrots, chopped fine.
 2 cups cooked rice.



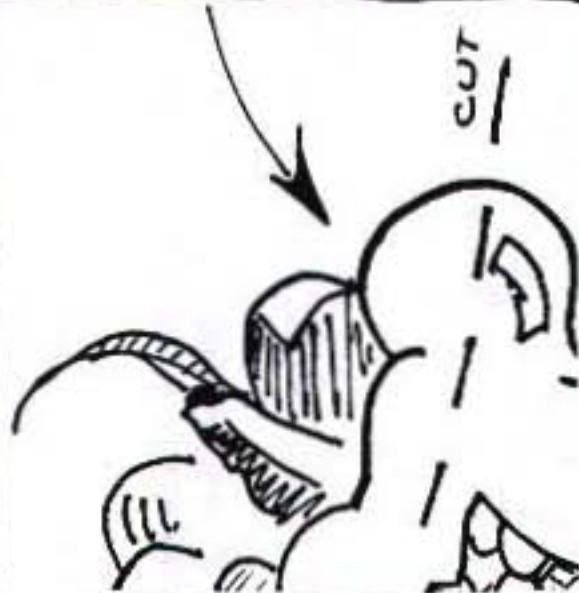
Ingredients 3

1½ cups mushrooms, chopped.
 ¼ cup chopped almonds.



Ingredients 4

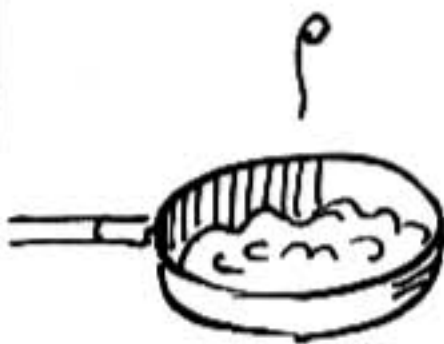
1½ cups cooked spinach.
 1½ cups grated cheese.
 1 tbspn parsley
 1 tbspn basil



Combine ingredients 2-4 and stuff capsicums with this mixture. Replace lids and place them in a pan with a little water at the bottom. Bake in oven at 160°C for 25mins.



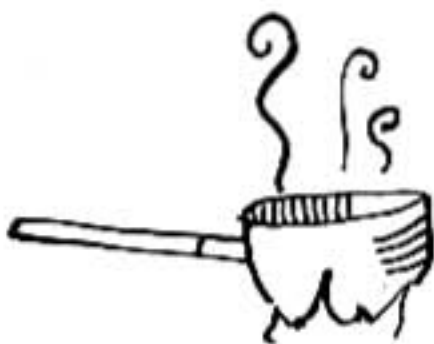
1 tble^{spn} plain flour
1 tble^{spn} butter
1 cup milk
 $\frac{1}{2}$ cup Tasty cheese
1-2 t^{spn} leaf flour



Cheesy Grin Sauce



Heat all the
ingredients slowly,
mixing until it's
smooth.



VEGETABLE LASAGNE

POTENCY:



PREP TIME:



SERVES: 4-6

Ingredients:

2 tblspns dope butter
3 cloves garlic, chopped finely
tin of tomatoes
(preferably your own tomato sauce)
1 large blob tomato paste

2 large aubergines (eggplant)
1 large onion
2 tspn oregano
2 tspn marjoram
lasagne sheets from a box
handful of grated tasty cheese

Sauce:

1 tblspn butter
1 tblspn plain flour

1 cup of milk
½ cup grated tasty cheese

FIRST, SALT YOUR EGGPLANTS BY SLICING THEM INTO THIN ROUNDS AND COVERING WITH SALT. LEAVE THEM LIKE THIS FOR ½HR TO REMOVE ALL THE BITTERNESS, THEN WASH WELL WITH PLENTY OF WATER AND DRY THEM. IN THE MEANTIME...

Saute your onions and garlic in the dope butter. Add tomatoes and simmer.

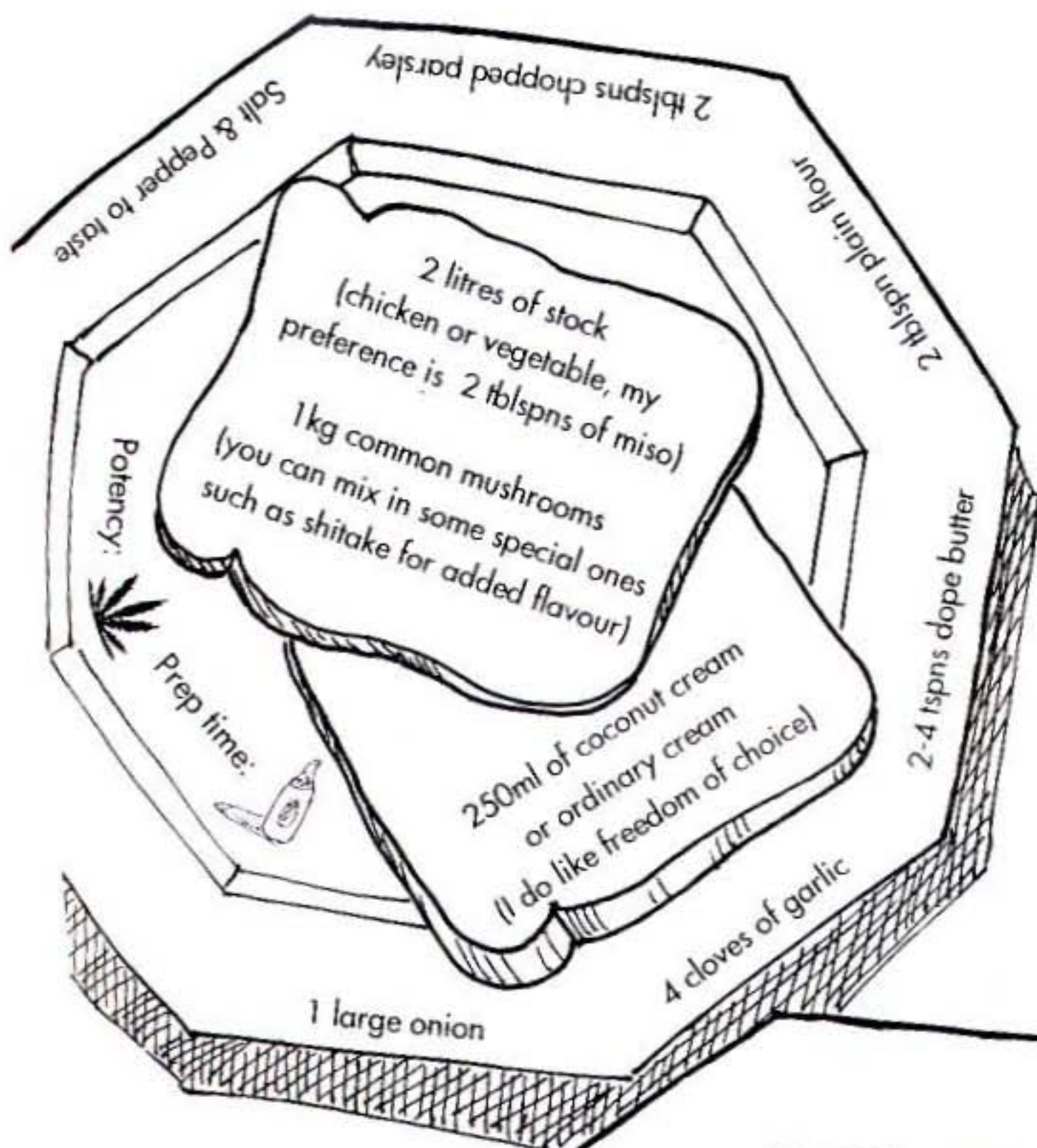
Add the washed and dried egg-plants and simmer for 15 - 20 mins.

Next make the cheese sauce by melting the butter in a saucepan and adding the flour. When this has cooked for a minute add the milk gradually, stirring constantly then mix in the cheese. Stir until the sauce thickens.

FINALLY FIND A LARGE CASSEROLE DISH AND DRIBBLE A LITTLE OF THE TOMATO SAUCE IN THE BOTTOM. NEXT PLACE ONE LAYER OF PASTA, THEN A LAYER ON TOP OF THE TOMATO/AUBERGINE MIX, THEN THE CHEESE SAUCE. REPEAT THIS PROCESS UNTIL YOU HAVE 3 LAYERS WITH THE INGREDIENTS DIVIDED BETWEEN THEM. FINISH BY SPRINKLING THE CHEESE ON TOP OF YOUR LAST CHEESE SAUCE LAYER AND THEN POP IT INTO THE OVEN AT 200-220°C FOR 30 MINS COVERED, AND 10 MINS UNCOVERED UNTIL THE TOP IS GOLDEN AND CRISPY. SERVE WITH A GREEN SALAD AND SOME CRUNCHY BREAD FOR MOPPING UP.

MUSHY SOUP

Serves: 4-6



This soup is more chewy and gluggy than it is lumpy and hearty. Thus your ingredients need to be diminutive by serving time. This can be achieved in 2 ways - either chop mercilessly by hand to start with or pulverise the mix with a blender/bamix or food processor before serving. My preference is no.2 if however, you do not possess the appropriate utensils you had better stop wasting precious time reading this blurb and start chopping....

Peel and chop the onion and garlic.
Wash and slice the mushrooms (if they are particularly grungy I advise you to peel them also).
Melt the dope butter in a large saucepan over a low heat, throw in all the chopped stuff and saute for 10 mins.
Sprinkle in the flour, mix it in and cook for 2 min then add the stock gradually.
Simmer for 20-30 mins then remove from heat and add the cream, parsley, salt and pepper.
Finally whizz the mix to a gluggy consistency (if using a blender, ensure the hot air can escape).
Heat to serve.





Doing Things With Chicken

You need:

Rice noodles.
Splodge of oil.
2 whole double chicken breasts, diced.
Bunch spring onions, chopped in half.
200g snow peas.
Handfull raw unsalted cashews.
The Marinade, mix together:
1 tspn red Miso
 $\frac{1}{2}$ cup soy sauce
 $\frac{1}{4}$ cup lemon juice
4 cloves garlic (yeah!), crushed
4 tblspns dope alcohol (yeah!!)

Marinate the diced chicken for $\frac{1}{2}$ -to-2 hours, the longer the better.
Heat the oil in a frypan which has a lid.
Toss in the spring onions and fry them gently for 2 mins.
Remove the chicken from the marinade and toss it in the pan (keep the marinade).
Brown the chicken lightly and quickly.
Lower the heat to very low, pop the snow peas & the marinade on top of the chicken, pop the lid on the pan. Allow it to steam for about ten mins.

MEANWHILE, carefully grill the cashews so they don't burn, and AT THE SAME TIME boil up your noodles. If the are rice noodles they'll take between 2 and 6 mins to cook.

When all this is ready, put the noodles and grilled cashews in the pan, toss it all twice and serve.

Potency

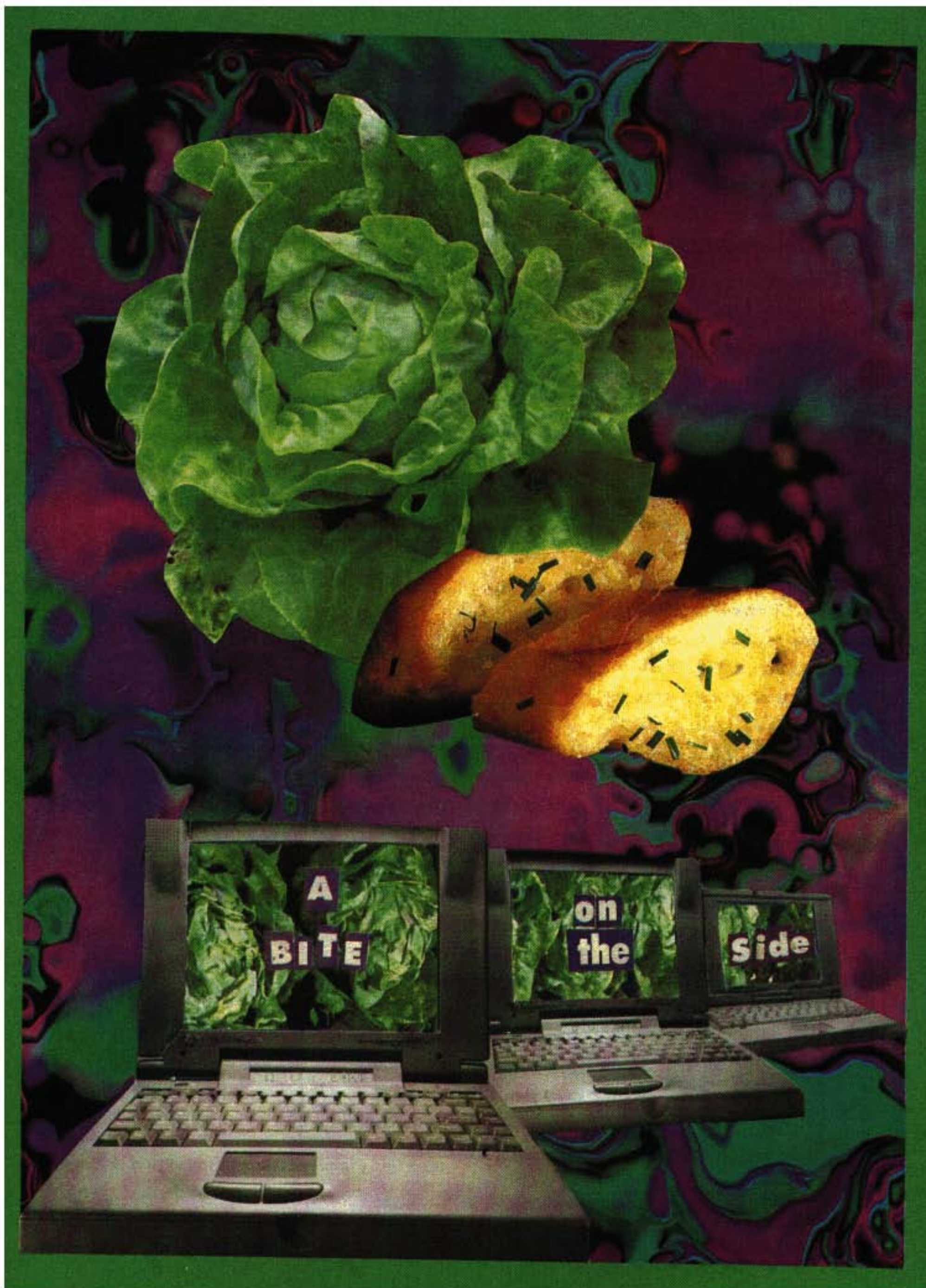


Prep



Serves: 4





Broccoli made yummy!!

42



Wash and dry the capsicums, then cut them in half lengthwise. Cut out the stalk and remove the seeds, grab a pastry brush and coat the interior/extension surfaces of each piece with olive oil. Place them skin side up under a grill and toast on high until they are black and charred. Remove from heat (but leave the grill on) and allow to cool for 5 mins before peeling off the skin. Slice the flesh lengthwise into narrow strips (approx 1cm wide) and place them into a serving bowl.

Ingredients
2 Capsicums (should that be capsic??) one red, one green.
1 head of broccoli
approx. 15cm across.
Healthy handful of pine nuts
Olive oil

Grab the broccoli. Cut off the stalk at the base of the fleurettes (the fluffy bits) and discard (the stalk not the fluffy bits). Break up the fleurettes (that's French for about 5 min them for about 5 min (see glossary). Allow to cool and toss them into the bowl.

This dish is included as an accompanying dish for the more mind-bending mains in the previous section.
Prep time 
Serves! 2-6

Spread the pine nuts onto the grill tray (see how we're cutting down on the dirty dishes?) and cook for a couple of minutes until they have turned golden brown. It is important to keep an eye on them as they burn far too easily, give the tray a shake every now and again to ensure they are toasted on both sides. Now sprinkle darlings, sprinkle!

Finally - the dressing. Put everything into a jar, screw on the lid and shake. Pour over the salad just before serving, giving it a good toss for luck.

Dressing
2tblspns vinegar
preferably balsamic
4tblspns olive oil
1tblspn soy sauce
Pinch of sugar
Freshly ground black pepper



~BREAD~

Garlic & Dope, Herb & Dope, Dope & Dope

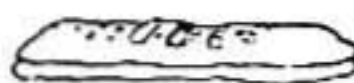
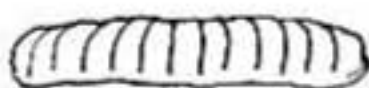
It blows me away that you can buy this stuff wrapped in foil wrapped in plastic in a cardboard box in a super-market freezer. It's like buying frozen pre-cooked rice. Fucking crazy. This is so easy and so yummy. Go for it.

Potency:   Prep time:  Serves: 6

- ☞ 1 french stick (this is bread)
- ☞ 1 tablespoon dope butter
- ☞ 110 grams normal butter
- ☞ 2 - 3 very large garlic cloves
(I love this stuff)
(have I mentioned that before?)
- ☞ 1 teaspoon fresh chopped parsely

Crush the garlic (this is the only time I advocate this), and mix it in with the parsely and two butters.

Cut your bread either downwards at 2½ cm intervals (left) or lengthways (right) as shown below. If cutting downwards don't go through the bottom. Slather the butter on each side of each slice. Wrap it in foil, into a medium oven for 15 - 20 mins. Oh I die for this bread.



The french prefer to let the bread dry out and go crispy: leave the foil open, and watch to ensure it doesn't burn.



☞ *Variation:*

Use a touch less garlic and sprinkle a decent teaspoon of herbs into the butter (and mix well) before spreading it. My fave mix is marjoram, thyme, rosemary and sage.

Advanced Damper

This isn't quite your flies-in-the-jam kind of damper that you scoff in the bush.

Potency:  Prep:  Serves 4

Ingredients

- 3 cups self-raising flour
- 1 heaped tablespoon leaf flour
- 1½ teaspoons salt
- 90 g butter
- ½ cup milk
- ½ cup water
- extra flour

☞ Dump both flours and the salt in a bowl (sift them if you're being careful). Rub in the butter till everything's an even texture (like breadcrumbs, see Glossary to find out how to rub). Pour in milk and water & mix lightly using a knife in a kind of cutting motion.

☞ Put the dough onto a floured surface and knead lightly.

☞ Onto a greased oven tray. Make it a nice round shape.

☞ Cut a cross across the top about 1 cm deep.

☞ Brush the top of the dough with milk and sift a little more flour over the top.

☞ Bake in a hot oven for 10 mins 'till golden brown. Reduce heat & cook for another 15 mins. No temperatures here, this is a bush recipe.

Guacamole

I just love guacamole, you can also make it without the dope and then it's soooo good for the munchies!!
(goes brilliantly with a little homous as well)

Potency



Prep Time



Serves Me you and 2

You will need...

- 1 very ripe avocado.
- 1 small onion, grated
(or very finely chopped)
- 2 heaped tablespoons sour cream
- 1 tablespoon lemon juice
- 1 very finely chopped chile
- 1-4 tspns leaf flour
- Dash of tabasco sauce
- Fresh cracked pepper

🔪 Peel and chop the avocado

🔪 Stick it in a bowl and crush it with a fork till it's smooth
(thinking beatific love and karmic messages)

🔪 Add everything else
(except the pepper) and mix well.
The pepper goes on top.

🔪 Dig out with corn chips.

alfalfa, sprouts, etc.
On the salad with
bite-sized cubes.

Avocado, cut into
that's a lettuce...
can be used here,

pieces, even icebergs
lettuce, torn into

Bacon

Spuds

A little oil

Ingredients

Prep Time

Serves Me you & 2

uniparadigm



have catchy titles.

Method

Boil the spuds. Don't chop them in half to speed it up because they'll go soggy. If you don't know how to boil things you can nuke them in the zapper. Chop into biggish cubes when cooked.

Chop the bacon into big bits without the rind. Pan fry in a little oil. Can't do this in the microw. Put the bacon into the serving bowl.

Put a little more oil in with the bacon dripping and toss the spuds in the hot oil. Cool a little.

When this is all done, throw all the ingredients into a large bowl and toss. Serve warm.

Funky Spud Salad

This isn't really all that funky, but it pays to

Ingredients

1 cup rice

(I've used long grain, I also like Basmati)

30 g butter OR one good splodge of oil

1 garlic clove, finely chopped

(Oh, OK, crush it if you're in such a bloody hurry)

1 teaspoon coriander seeds

1 teaspoon cardamom

1 cinnamon stick

1½ cups boiling water

2 tablespoons sultanas

2 tablespoons unsalted roasted cashews

Potency:



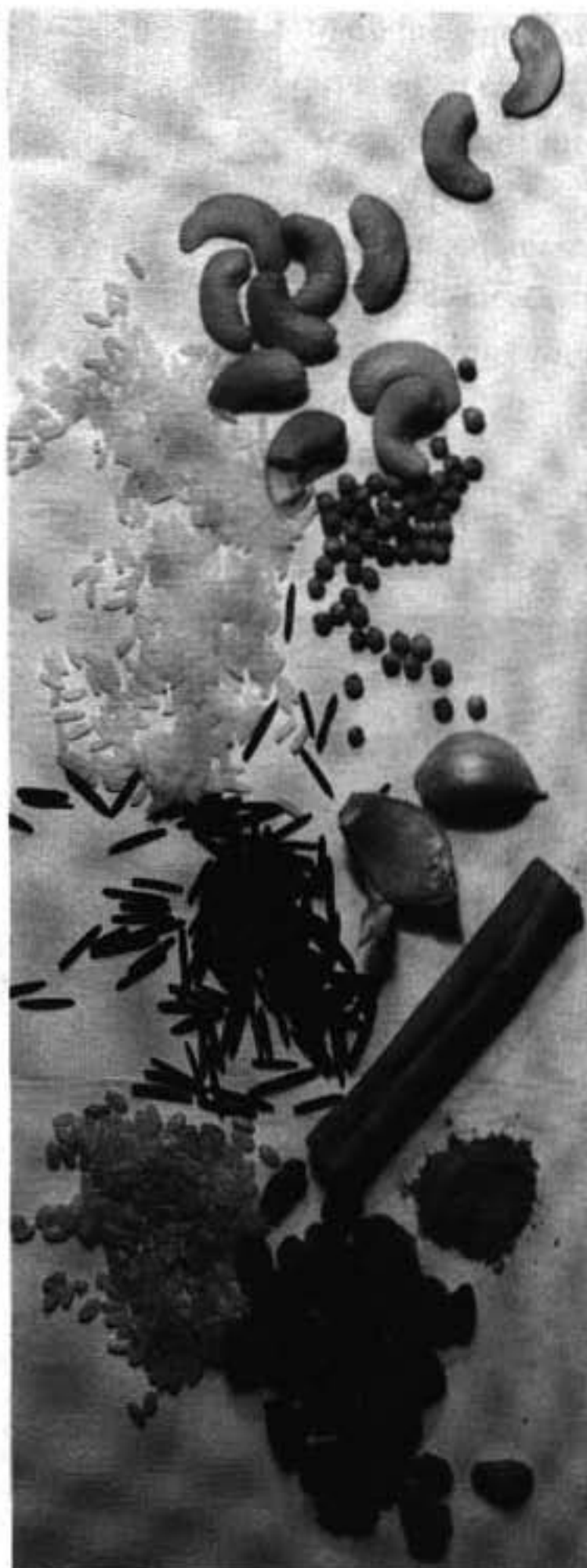
Prep time:



Serves: 2-6

You can make this without dope as a side-dish to the curry in the MAINS section (or anything else), or include your weeeeed (approx. 1 tblspn of leaf flour) in the butter-or-oil to make it a little more out-there.

- * Rinse the rice in a strainer under running water until the water runs clear. Drain well.
- * Heat up your butter or oil in a saucepan, add garlic, cardamom, cinnamon, and coriander.
- * Stir and cook over low heat for about two mins.
- * Add the rice and stir until it's coated with herbs and soaked up most of the oil / butter.
- * Add the boiling water and stir. Cover the saucepan with a tight lid and turn down the temperature.
- * Leave it alone for 15 mins or so. The rice will absorb all the liquid and go tender. When there's no liquid left visible and little breather holes have appeared in the rice (and before it burns), take it off the heat, toss it with a fork, and then chuck in the sultanas and cashews. Lightly mix once or twice. Serve.



Natty Rice

Ah I love the fast lane, the slow lane, oh for the slow lane at the fast food outlet, where the lane goes so slow that from the impersonal and wonderfully private pillar where I order my food with no-one to check up on me and no-one to recommend the freshest or the best & I can't see or feel the food 'though I can sure as hell smell it to the window where I pick up my little bag of grease, salt and MSG is so close and yet the 140° oil has already coagulated and cooled. Ah I love the fast lane, it's like ordering the ultimate what-ever-you're-gonna-get, because you never can tell until it's in you hands and you've driven away and by then it's too late anyway, and no-one will take responsibility because anyway it wasn't made with love it just got nuked for a coupla seconds and not very many of those, and you sit in the traffic with everyone else shovelling down their Ameri-crap placcy-wrapped dehydrating pseudo food, on their way to a teev at home which is already on to warm the room and keep the dog company and waste more bloody power, and the teev is carping on and on about Festive Fun & Lite and Easy cardboarded dinnerettes for dinerettes hacking back the lead fumes after sixteen hours in the traffic on their way to an understuffed designer couch in an overstuffed designer room, but they didn't buy that crap today, no, they got Fast Lane Mush Tonite that's 45% new grease and 23% old and everything else is filler, and you can see their great swollen pores and sweat glands bulging with the effort, their bloated bodies working overtime trying to expunge the toxic malignant shite, Ah it's so unlike the tourist sites, where prurient wankers in sandals and socks sweat down their puffy lips and tongues 'cos they couldn't control their wasabi, or looking like bloody rent opium smokers on an off-day because they only had fifteen bloody lagers and a coupla scotch chasers and one of them Colaaadas which nearly made me puke and why shouldn't they anyway if the money's there and the money's theirs and they worked **BLOODY HARD** for it so screw the friggin' tax man and all those uppity dole bludgers who haven't got a **SENTI-FRIGGIN-MENTAL BONE** in their never-worked-a-day-in-their-lives bodies, wasted out on drugs and drugs and dole and drugs and sex THAT'S all they do with their smutty little days and nights, drugs and sex and stuff. Ah The Tourist! Which is what so many of us really are, trundling our lives along without so much as a what should I really do to modify our thoughts and deeds. Food is not about plastic and speed, food is not about anonymity, factories or concrete shopping malls. Food is about life itself, which is soil, air and water, the three things we are most delightedly polluting. Polluting our very source, polluting the place our life comes from is like raffling a car to raise money for cancer research; The car MADE the fucking problem. It's like burying nuclear waste in the ground, which is where our food comes from in the first place - which is a little like taking a crap in your fridge; it may seem like a good idea at the three o'clock in the morning after a bathtub full of beer and cheap vodka, but later on? Uh uh. What's the message here, don't drink cheap vodka? Well, yeah, that's probably one of the messages. But the other one is probably slightly more important. It's my message, and it's my trip, and I'm not trying to ram it down your throats because you'll have your own position on this. The message is to be open. Be open to what's happening to the ground you're on. That little patch is connected right round the world. The teachers explained when I was in primary school that the water cycle was a closed cycle. That whatever water was already in the world was the only water we would ever get. Well, the whole thing is a closed cycle, water, air, soil, and the pollution we create stays with us, and is fucking up our planet. They reckon that within ten years the environment is going to be the single most important item on the government's agenda. Well, the govt can do diddley squat without us. Don't expect them to do anything, you have the power. You have the power for radical social change, and everything that means. Get up. Stand up. Do it.

2 potatoes
1 large sweet potato
 2 LARGE ZUCCHINIS
 1 large capsicum
1 large parsnip
4 Jerusalem artichokes
(they look like ginger)
Oil mixed with 2 cloves
of crushed garlic
Salt & pepper grinder
 Rosemary

Oven BAKED Salad



Surely one of the simplest and best ways to eat your vegies. These are my favourites for this recipe but feel free to improvise.

Prep Time:  Serves: 4-6

1. First wash all the vegies thoroughly then slice everything lengthways into quarters, removing stalks and seeds as necessary.
2. Lightly boil the spuds, artichokes & parsnip till they soften (5 mins).
3. Strain and let them cool.
4. Lay everything on a baking tray, and coat both sides of each piece with oil. Sprinkle over rosemary, salt and pepper.
5. Place in a pre-heated oven at 220° C for 20-25 mins or until brown, in fact slightly burnt is preferable. Prick with a fork to see if they're tender inside. Some vegies will cook quicker than the others so remove these and keep them warm until the others are ready.
6. Serve covered in dreamy mayonnaise.

Mayonnaise

(dressing to die for)

Here's what you need:

2 politically correct eggs

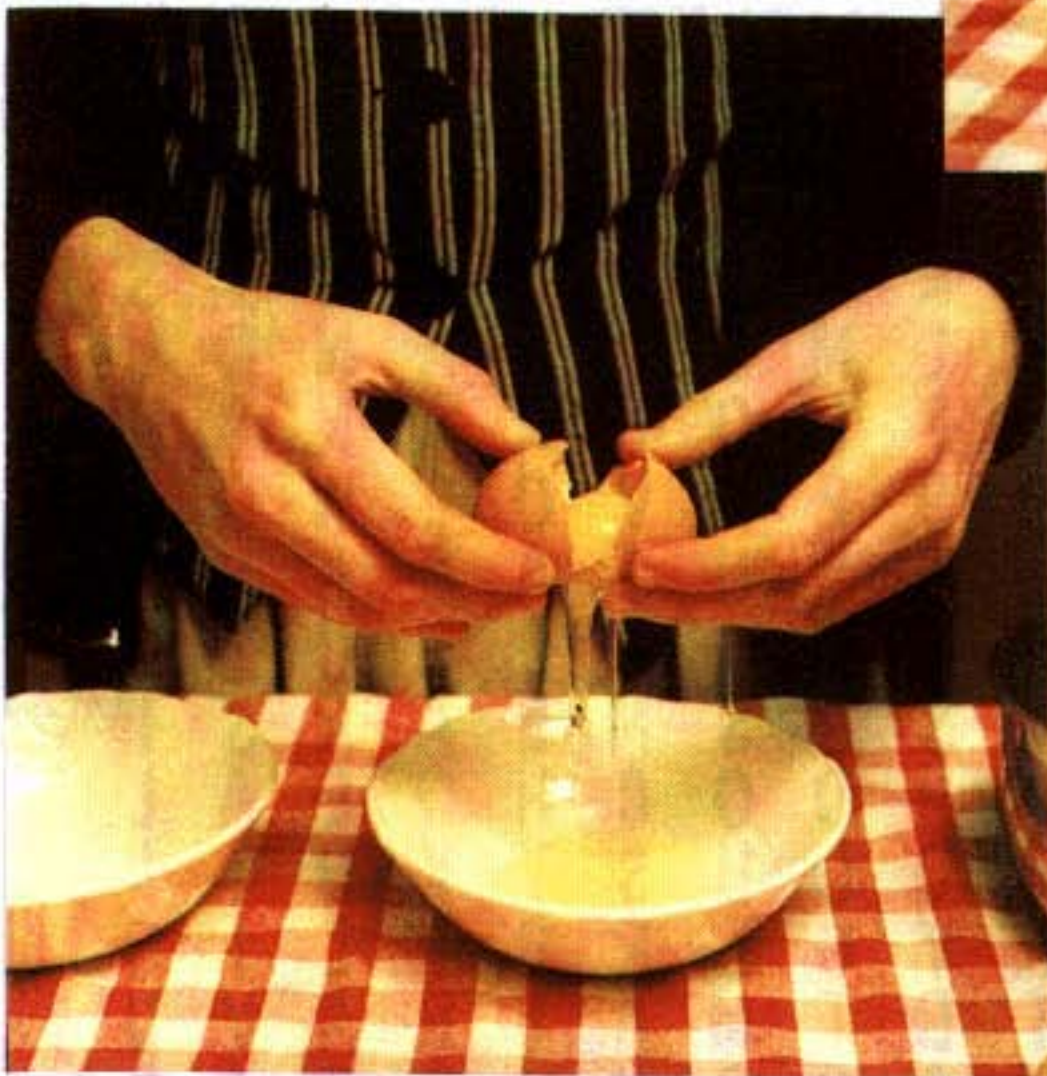
Some lemon juice

(or mild vinegar)

Oil (any kind will do)

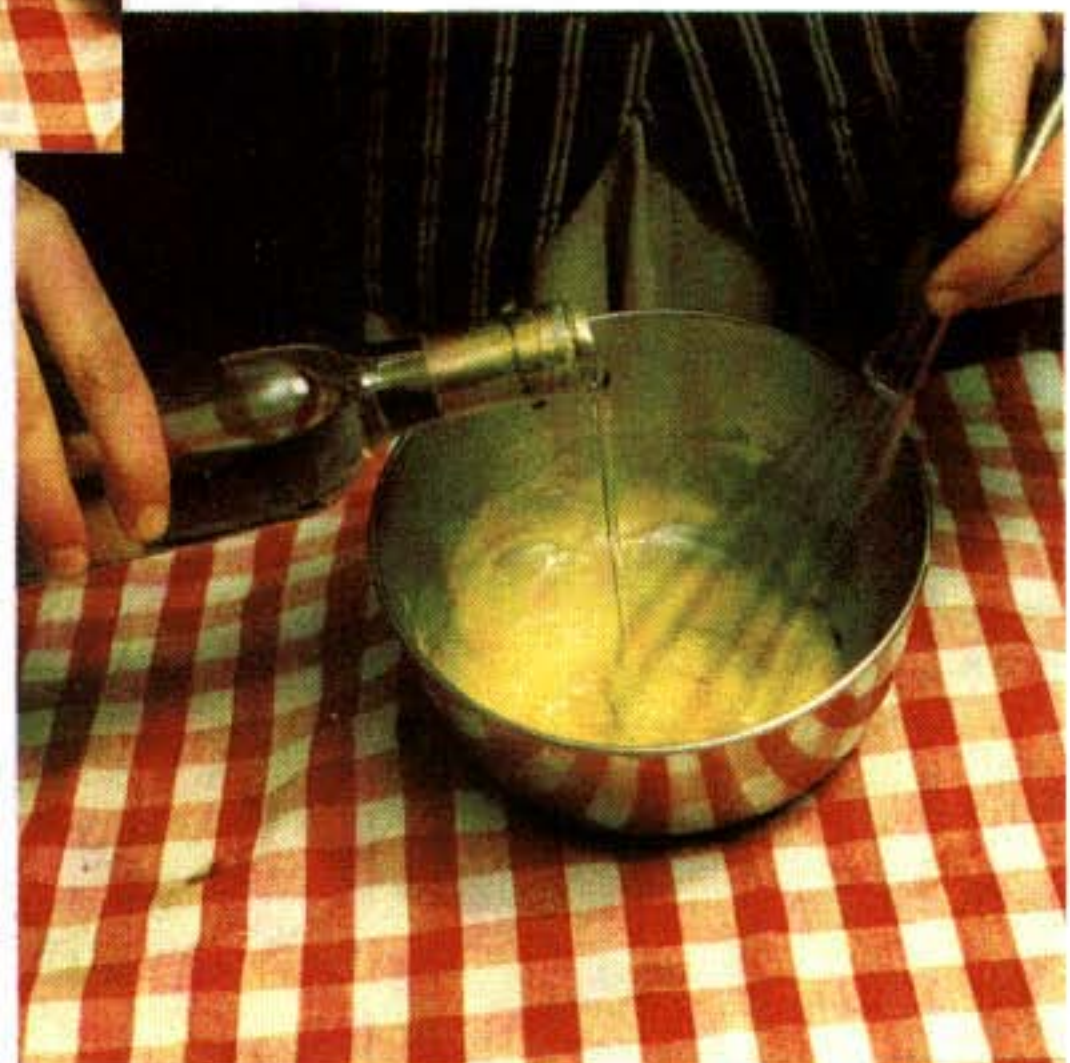
Salt & pepper

Some garlic or pesto.



*The first tricky bit is separating two eggs. We want the yolks, so crack them gently and pour the whites into a bowl. When you have the yolks, place them in a mixing bowl (metal is best, preferably warmed) and whisk through 2 tbsps of lemon juice or vinegar. The second tricky part is adding the oil. This must be done **VERY SLOWLY** at the beginning to prevent curdling.*

Dribble a small amount of oil into the mix then whisk it in furiously (it often helps to have a friend available at this stage - they pour you whisk). As the mix begins to thicken you can add the oil faster until you get the consistency you require. Strangely enough the more oil you add the thicker it gets - I like mine thick and creamy but this does use a lot of oil. Whatever you decide, add salt & pepper at the end to taste and a good dollop of crushed garlic (yes I know it's blasphemy) or pesto.



Big Kids' Page!

FIND THE WORDS!

Hell! Now we're really getting into the high-tech vibro-techno world of tomorrow. Get all of these words right and **WIN A WEEKEND WITH ASHLEY'S SISTER!** Have fun you funky dogs!

Joint
Unctuous
Gerbil
Leiderhosen
Pot
Hemp
Marijuana
Grass
Hooch
Qwerty
Nietzsche
Witgenstein
Aureola
Onanism
Leaf
Bidet
Head
Smear
Garrulous
Ace
Jury
Flour
Sativa
Saute
DNE
Taste

G	A	R	R	U	L	O	U	S	Q	T	S
O	R	M	L	M	S	N	I	N	N	O	U
L	E	A	F	P	O	R	V	E	A	P	P
C	U	N	S	S	M	A	J	A	N	Q	C
L	N	I	T	N	U	L	E	A	U	Z	I
A	C	E	S	R	I	O	H	X	R	S	L
N	T	Q	H	O	S	H	T	I	E	A	I
A	U	W	Y	O	H	C	B	A	O	T	O
U	J	A	B	G	E	S	I	L	L	I	O
R	I	U	S	T	M	R	D	A	L	V	S
A	R	T	V	P	P	A	E	B	I	A	L
M	S	A	R	D	I	N	X	I	C	E	L
S	A	U	T	N	M	E	Q	O	H	I	

Belcho the Clown says!
"Revitalise your grass!
Use worm pee!"

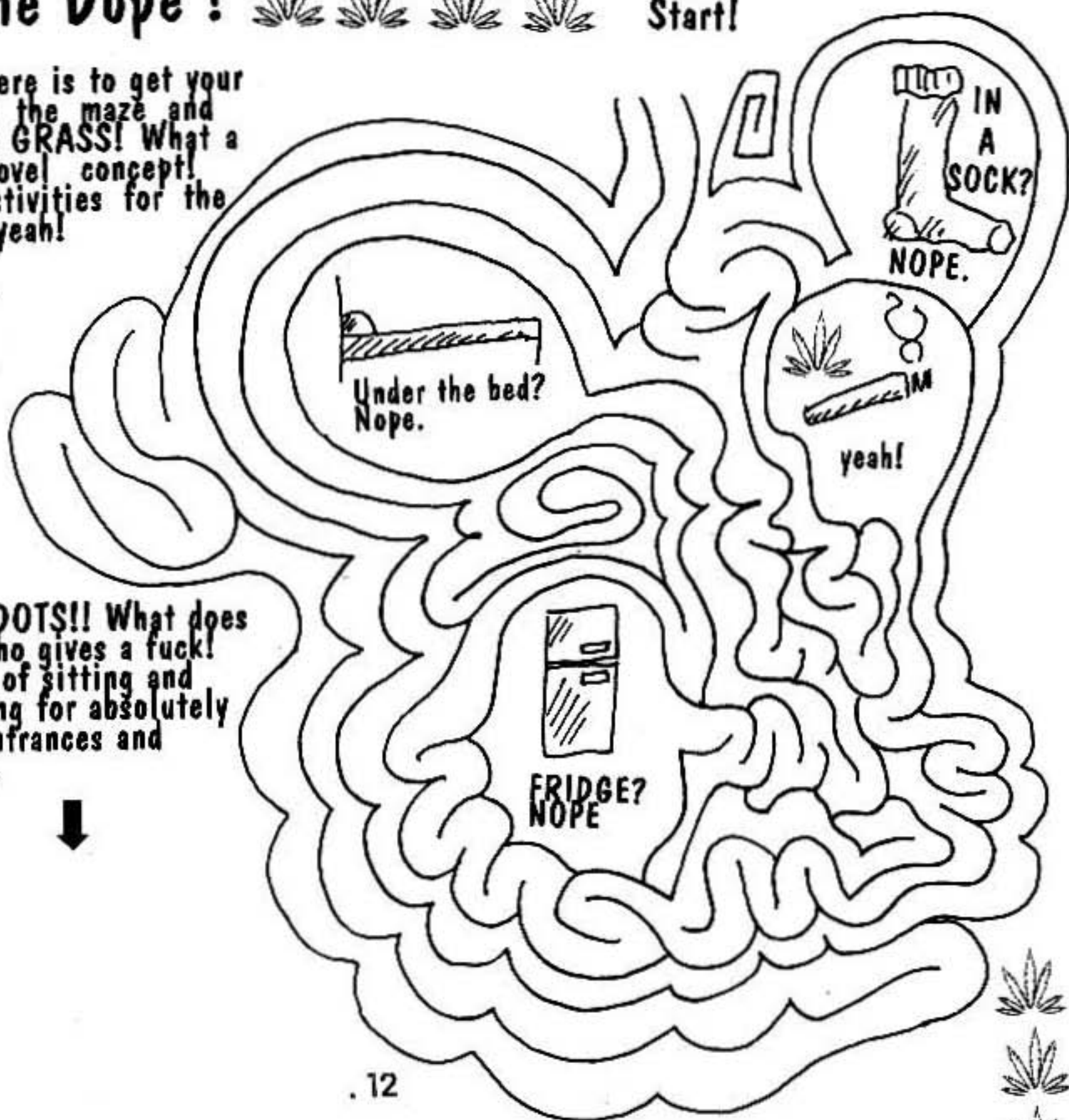


Find The Dope !

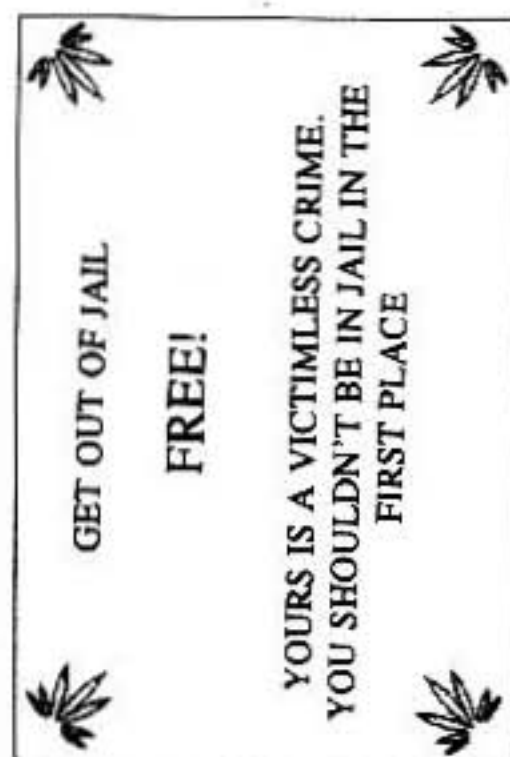
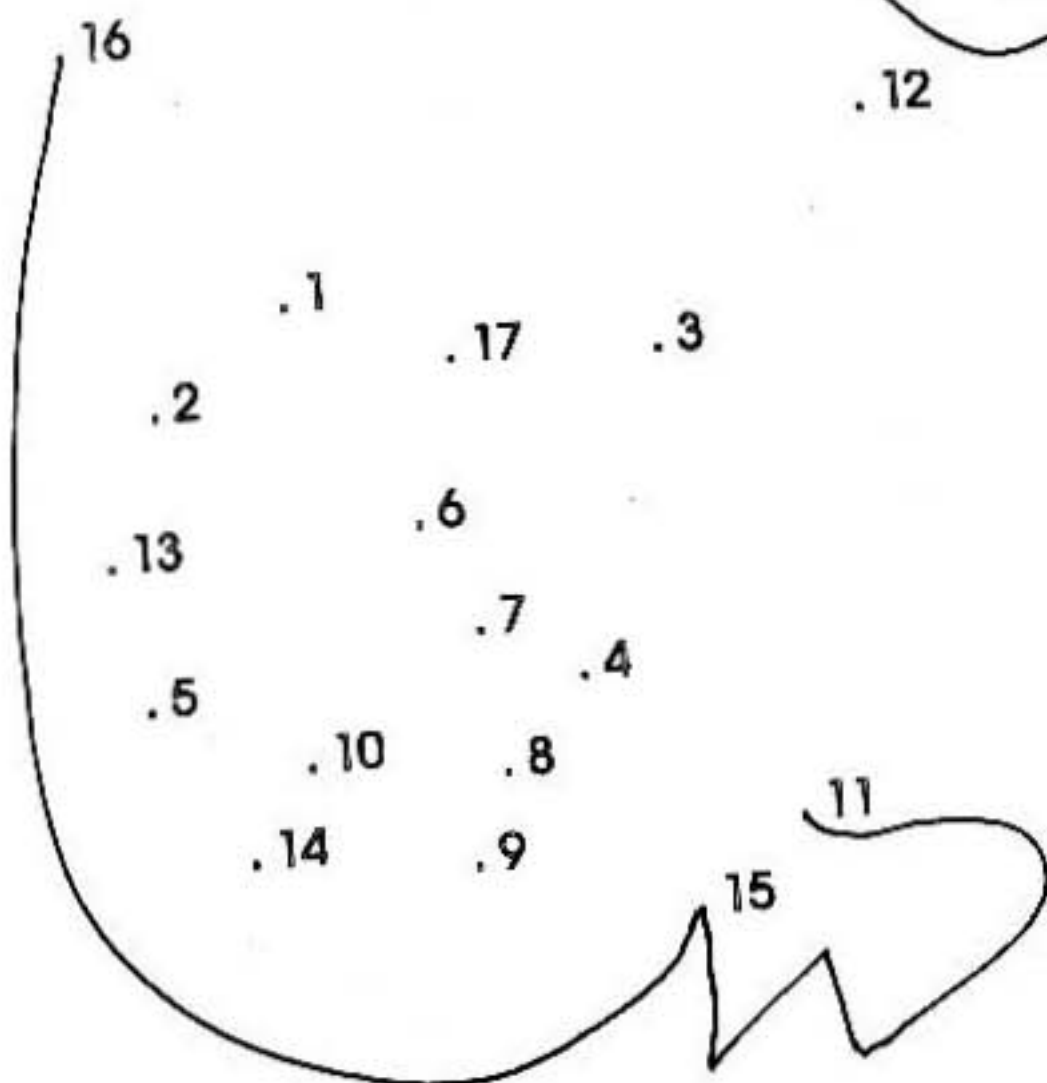


Start!

The object here is to get your way through the maze and **FIND YOUR GRASS!** What a new and novel concept! Cognitive activities for the brain-dead, yeah!



JOIN THE DOTS!! What does it make? Who gives a fuck! It's the act of sitting and doing nothing for absolutely ages that entrances and inspires us.







rish Coffee Cannabis Icecream

Verily do we now trip through the halls of decadence. Forsooth, this soft-textured icecream danceth merrily upon the tongue. 'Tis said to be an onerous task to make, but it need not be. Shouldst thou desire to indulge oneself and one's lover/s after a great repast and before partaking in conjugal delights (or during...) then this is the go.



Prep Time



Serves 4 (or 2 pigging out)

*1 tablespoon instant coffee
(Nescafe Gold is good)
1/2 teaspoon bud flour
1/2 cup castor sugar
(make sure it's castor)*

*2 tablespoons whisky
(The gutsier the better, Chivas
is brilliant but expensive)
4 egg yolks
300 ml cream, whipped*

Beat ye the egg yolks, sugar, dope and coffee powder in a double boiler (see ye the Glossary at the back) over hot water (not boiling, but almost) until it thickeneth and goeth creamy. Removeth from the burning flame of hell (unless your stove's electric, in which case welcome to the 20th C). Allow it to cooleth. When cold, foldeth (see Glossary again) in the aged whisky and whipped cream. Spoon into appropriate tray / holder and go forth and find snow in which to freeze it (or pop it in the freezer) until set. Top with whipped cream if you wish just before serving. Oh, so creamy....

Arty-farty bullshit time

Alice B. Toklas is the famous silent partner of Gertrude Stein (that's Gertrude in the pic), the more famous egomaniac, art lover, friend of Picasso and writer. Gertrude wrote some fabulous stuff, much of it describing her own fabulousness. Stay with me, this is going somewhere. Gertrude also wrote stuff which could be construed to be about sex, thus:

"As to be all of it as to be a wife as a wife has a cow, a love story, all of it as to be all of it as a wife all of it as to be as a wife has a cow a love story, all of it as a wife has a cow as a wife has a cow a love story".



Anyway, Alice was Way Out There. She wrote her own cookbook (or did Gertrude write that too?) in which she describes many wonderful dishes, not the least of which is

"Haschich Fudge

(which anyone could whip up on a rainy day)"

She describes it as "the food of paradise... of Baudelaire... entertaining refreshment for a Ladies' Bridge Club... Euphoria and brilliant storms of laughter; ecstatic reveries... Almost anything Saint Theresa did, you can do better..." Full on!





The Recipe

Potency:



Prep Time:



Serves Me you and 2

Ingredients

½ cup castor sugar

50g butter

1 tablespoon nutmeg

1 teaspoon coriander

1 tablespoon cinnamon

1 tablespoon leaf flour

(Alice suggests

"A bunch of
canibus sativa"

Whoa!)

1 handful each of:

(well chopped)

Stoned dates

(what other kind
would you use?)

Dried figs

Shelled almonds

Peanuts

Method

Dissolve the sugar in the butter until it's treacle-like: there should be no granules visible. Mix in all the other ingredients. Roll into balls about the size of a walnut and you are done. Alice cautions: "it should be eaten with care. Two pieces are quite sufficient."

You should now be able to enjoy some of Gertrude's writing: "Grief is strange black. Sugar is melting. We will not swim..."



Don't have a cow, man.

Space cookies for health freaks

* 125G BUTTER

☺ ¼ CUP RAW SUGAR

◎ 1 EGG

✱ 6 TSPNS LEAF FLOUR

☆ 2/3 CUP BRAN

★ 1 CUP ROLLED OATS

☆ 1 TSPN VANILLA ESSENCE

☼ ¼ CUP SULTANAS

★ ¼ CURRANTS

∅ 1/3 CUP COCONUT

(the sultanas or currants can be replaced with chopped dates, or chocolate chips)

Cream the sugar with the butter.

Add egg and vanilla, keep beating.

Stick everything else in.

Put teaspoonfuls of the mixture onto greased

oven trays allowing room for them to spread.

Bake in a moderate oven for about 15 mins.

Take 'em out, loosen them on the tray and leave them there to cool.

PREP TIME



POTENCY



MAKES: 30 COOKIES



Author's note: Be sure to read all the instructions before embarking on this one as it is a technical challenge.

You will need: 6 eggs, a sock, 1 cup sugar, 3 cups SR flowers, 1 cup plain flowers, 3 tablespoons dope, bananas (lots of these), brandy (lots), remote control melon, garlic (always need garlic!), vanilla pod (minus aliens).

Swill 2 shots of brandy around in a cup for as long as you can stand it.

For me that's usually about 2 mins.

Then swill the brandy around in your mouth.

Break one egg and mush it well with a banana. Put all the sugar in and beat it to a pulp. Using the grass, roll a spliff about *that* long and do something useful with it.

In another pan (ahhh! that's better!) put all the flowers and mush in a banana.

Break and separate 2 eggs. Whisk the whites into a stiff blancmange and fold in the mush of 2 bananas. (Something to do with any left-over bananas: Peel one of them and put your finger hard against one end. If you press your finger down through the length of the banana it will separate into 3 equal segments. wow.)

Put the egg/banana/sugar mix into a saucepan, followed by the flour/banana mush, & top it off with the blancmange & banana mush.

Pour brandy all over this.

Drain the brandy. The chef can drink this. Turn the mush out of the pan onto a lightly floured beach. Sit soaked & soak up the sun with something significant:

Zen and the Art of Motorcycle Maintenance
is a grand place to start.



(D.E.C.)

Potency:



Prep Time:



This cake is a ripper because it is so easy, and you can vary the ingredients to make it taste like a 100 different cakes. Some variations are offered next door.

Ingredients

3 eggs - weigh them in their shells, because you also need the same weight in:

Butter

Self-raising flour

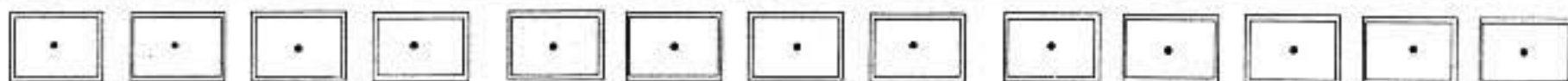
Sugar

Plus 1 tblspn leaf flour

FIRST PREHEAT THE OVEN TO 180 DEGREES C.

BEAT THE BUTTER AND THE SUGAR TOGETHER UNTIL IT'S ALL CREAMY AND SMOOTHISH. NEXT YOU NEED TO ADD THE EGGS AND FLOUR, ALTERNATING EGG..FLOUR..EGG..FLOUR IS BEST. IF YOU WANT IT TO LOOK GOOD, SIFT IN BOTH THE LEAF AND SELF-RAISING FLOUR (THROUGH A STRAINER IS FINE). IF YOU REALLY DON'T CARE JUST DUMP THEM IN. WHEN YOU CHUCK IN YOUR THREE EGGS MAKE SURE THEY ARE MINUS SHELLS. WHEN IT'S WELL MIXED POUR INTO A GREASED AND FLOURED CAKE TIN (MEDIUMISH SIZE) AND BUNG (I SAID BUNG, NOT BONG) INTO THE OVEN. IF IT'S WAY TOO STIFF TO MIX OR POUR, YOU CAN ADD A TOUCH OF WATER, MILK, OR A LARGE TBLSPN OF OIL (THIS HELPS IT STAY MOIST LATER ON). COOK FOR 30-40 MINS.

WHEN IT'S COOL YOU CAN DUST THE TOP WITH ICING SUGAR IF YOU WISH OR COVER WITH THE BUTTER ICING ON THE NEXT PAGE.



Butter icing

Ingredients

1 tspn soft butter

1 cup icing sugar

2 tblspns milk

Cream the butter and icing sugar together then gradually add the milk until the mix is smooth and creamy. Spread it on and let it set.

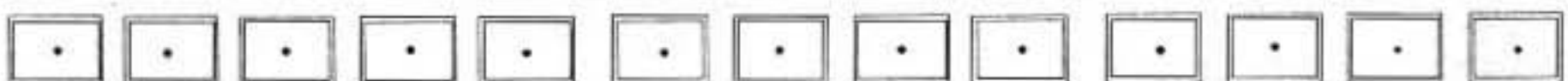
Variations

This basic icing can be made in a 1000 different ways:

- φ Chocolate - put in 1 tblspn of cocoa powder and a little more milk.
- φ Fruit - either replace the milk with fruit juice such as orange or add something like passion fruit and use less milk.
- φ Alcohol - replacing half the milk with a liqueur of your choice will give your cake a scrummy lift.
- φ Dope - to spice up an *ordinary* cake you can replace the normal butter with 1 tspn of dope butter. Do not use this on a cake that already contains dope.

CAKE VARIATIONS

- Φ I ALWAYS LIKE TO ADD A DASH OF VANILLA ESSENCE TO THE RECIPE TO GIVE IT A LITTLE LIFT.
- Φ SLICE 2 APPLES AND LAYER THEM THROUGH THE MIXTURE AS YOU POUR IT INTO THE PAN.
- Φ MAKE IT ONE PEAR AND AN APPLE.
- Φ POUR A GREAT SLUG OF KALUHA IN WHILE YOU'RE MIXING UP THE CAKE.
- Φ MAKE SLIGHTLY MORE MIXTURE, POUR IT INTO TWO TINS AND COOK THEM SEPARATELY. WHEN COOL, JOIN THEM IN THE CENTRE WITH WHIPPED CREAM AND/OR JAM.
- Φ 1/2 A TSPN OF NUTMEG AND A HEAPED TSPN OF CINNAMON WITH A DASH MORE VANILLA MIXED THROUGH THE CAKE IS DELICIOUS.
- Φ TRY IT DOGGIE STYLE.



Chocolate Zucchini cake

Yep you heard right - mixing vegies with choccy, sacreligious I know but this is one hell of a cake, deliciously moist. The recipe is from my girlfriend, I love her and it both, though not necessarily in that order.

Potency:



Prep time:



Serves: 10

- ✦ First put the oven on to warm at 180°C
- ✦ Grab a big bowl and a wooden spoon and cream **2 cups of castor sugar** with **170g of softened butter**
- ✦ Mix in **3 eggs** (without the shells of course)
- ✦ Add **2½ cups of plain flour**, **2½ tspns of baking powder**, **½ cup of cocoa powder** and **1-3 tblspns of leaf flour** (depending on the strength you want)
- ✦ Next add **1 tspn cinnamon**, **2 tspns vanilla essence** and **½ cup of milk**, mix thoroughly
- ✦ Finally wash and grate **2 medium sized zucchinis**, skin and all and add them to the mix (equivalent of 2 cups when grated)
- ✦ Divide the mix evenly into 2 greased and floured, round cake tins, approx. 18cm in diameter (see glossary) and bake for **50 minutes**
- ✦ When cooled, join the layers together with **jam/fresh fruit** and a healthy smearing of **thickly whipped cream** (oh I do enjoy an opportunity to smear cream) and/or cover in butter icing (see *Dead Easy Cake*).



GOLDEN COOKIES

125g butter

1 egg

1/2 cup castor sugar

1 cup self-raising flour

4-6 tspns leaf flour

1 cup lightly crushed cornflakes

1 tablespoon golden syrup

Handful crushed almonds

1 teaspoon vanilla essence (optional)

Cream together the butter and sugar. Add the egg and vanilla essence, beat. Sift in the flour and leaf flour. Add

the cornflakes, nuts and golden syrup, mix well. Put

teaspoonfuls of the mixture on to a well greased oven tray, allowing room for spreading. Bake in a moderate

oven for 15 mins. Loosen on tray and allow to cool.



The Tale of the Chocolate Pudding

Potency: 

Prep Time:



Dry Stuff (sift these)

2 cups self raising flour
½ to 1 ½ tblspns leaf flour
3 tblspns cocoa powder
1 cup castor sugar

Wet stuff (mix these)

1 cup milk
100g melted butter
Splash vanilla essence

Have ready
3 cups
boiling water.
Your oven
preheated
to 180°C.

Extras (these go on last)
1 ½ cups brown sugar
2 tblspns cocoa powder.

Stir all the nice wet stuff
Into all the nice dry stuff
It should be quite gluggy
It should be quite tough.
Pour the thick gluggy batter
In a big greased oven-safe bowl
Lick off all the splatter!
Lick right 'round the bowl!
Put the extra brown sugar on top of the batter
And put extra cocoa on top of on top.
Gently pour the hot water

Around the brown slop
Cook for 45 minutes

Then I suggest stop ...
And take out your pudding,
Oh my what a treat,
Your brilliant brown batter-slop
Is ready to eat!

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Are you constantly running to the door to let your dog or cat in or out? With the installation of a "Doggie Door" or "Pussy Port", this advertisement degenerates into obscenity, rudeness and childish smuttiness. The entrance is 12 in. diameter, made of aluminium and tough rubber, with easy fitting instructions. For walls order large 1 1/4" ring.

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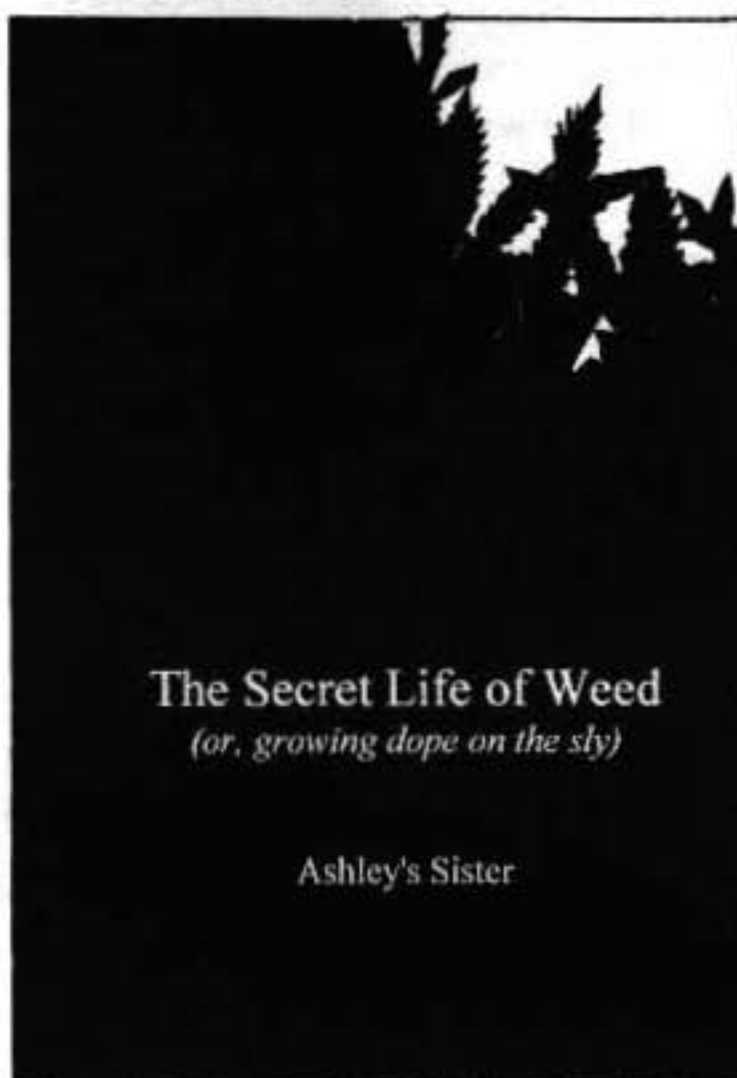


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HOME ESPRESSO



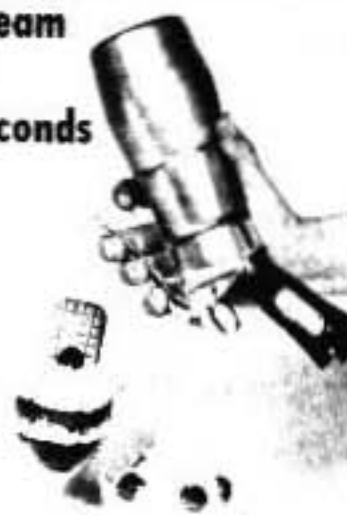
Picture shows Coffee expressed into jug
and milk being frothed and heated.

Yes, now you can have ESPRESSO or CANNABIS COFFEE at home with the ATOMIC HOME ESPRESSO. It's amazing - it's fantastic, never has a space-cadet coffee been made so Quickly (2-4 mins), so Easily, and so Economically before. Makes 6-8 large cups of industrial whoopee - works on the same principal as legal coffee type machines - simple to operate - cut your coffee bill in half! And blow your dope budget!! Enjoy a really rich coffee!

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Glossary:

BAKING: When baking cakes, if you haven't got a fan-forced oven, swap the lower tray for the higher one half-way through the cooking to get even heat distribution.

BLANCH: The amount of cooking a vegie gets when you plonk it in boiling water for 2 mins.

BUD: The flower of the marijuana plant. Not the beer.

CREAM: No not the stuff from cows. To 'cream' butter and sugar is to beat the crap out of the softened butter and sugar until it's all white and creamy and you can't see the sugar granules anymore.

DASH: A dash is like, you know, a sprinkling, but all in one go.

DEEP FRY: Fried in hot oil which is more than 2cm deep.

DOPE: Marijuana.

DOUBLE BOILER: The stuff you want to cook (usually dope and butter) goes in a small pan or metal bowl inside a larger pan which is almost full of hot water. They both then go on the heat. The heat from the water is far gentler than putting the smaller pan directly on the flame. This is another method of making dope butter.

FLOWER FLOUR: Marijuana buds ground-up to resemble flour.

FOLD: Folding is like mixing but it's a gentle "folding" movement rather than a mixing "round & round" movement.

GANGA: Grass.

GANJA: see Ganga.

GRASS: Where the hell have you been? Grass man!

GREASE: To smear butter all over a tray so food doesn't stick whilst cooking.

GREASE & FLOUR: As above, followed by dusting & shaking flour around on top of the butter, then shaking off the excess.

HEAD: The flower of marijuana. The bud. The best bit.

HOOCH: Marijuana.

KIFF: Marijuana leaf.

LEAF FLOUR: Marijuana leaves ground up to resemble flour.

LECITHIN: A readily available emulsifier which effectively breaks up the oil and allows it to spread more evenly through a dish which may not have much fat.

LINGAM: Cock. See page 32 for how to make yours bigger. See same page for how to make it wither.

PEPPER: Another remarkable spice. Get yourself a decent grinder and crack some over just about anything. It is heresy to eat avocado without fresh lemon and pepper. I just declared it so.

PUFF: Yet another evocative name for the delightful herb.

RUB: Literally to rub the ingredients between the fingers, usually till they resemble breadcrumbs. Butter and flour are the usual ingredients.

SALT: Hardens your arteries, but you can't live without it. Good for you in very small amounts. There's approx. one full year's supply in one big bag of chips. Naaaah.

SATAY: Fabulous peanut-buttery sauce which gets dolloped onto other foods.

SAUTE: (also spelt sauté) Gets confused with satay. To heat gently over a low flame. Like frying very gently, without too much oil, except it's done with butter (or is it "ée" ?).

SHALLOW FRY: Fry in oil about 1 cm deep.

SPLODGE: A splodge is the amount that comes out when you hit a tomato sauce (ketchup) bottle.

STEAM: To steam a vegie.

I steam, you steam, we steam, he steams, she steams, they steam.

The ideal method is to use a steamer. If you haven't got one just put 1 cm of water in a saucepan and bring it to the boil. Then pop the vegies in, lower the temp & bung the lid on. Broccoli takes about 3 - 4 mins. Don't let it go limp and dark green. Yeech.

I have steamed, you have steamed, we have steamed, he has steamed, she has ste... etc

STOCK: Liquid version of stock cubes. See recipe for the wonderful stuff on page 47.

THC: Tetrahydrocannabinol. The stuff in dope that gets you high.

sorry, 66.

WINE: Anything that smells like a stale armpit should be hurled with full force at a solid, expendable object. Anything that makes your heart sing should be valued and praised six times.

OVEN TEMPERATURES

The lower temperature column is the range for gas cookers, the higher column is more appropriate for electric.

Description	Celsius	Fahrenheit
Very slow	120	250
Slow	150	300
Moderate slow	160 - 180	325 - 350
Moderate	180 - 200	350 - 400
Moderate hot	190 - 230	375 - 450
Hot	200 - 260	400 - 500
Very hot	250 - 290	475 - 550

APPROXIMATE CONVERSIONS

Grams to Ounces

25 g	1 oz
50 g	2 oz
100 g	4 oz
275 g	10 oz
1 kilo	2 - 2¼ lb

Millilitres to Fluid ounces

25 ml	1 fl oz
150 ml	5 fl oz (¼ pint)
750 ml	27 fl oz
1 litre	35 fl oz (1¼ pint)



This is the standard stock I make about once a week to keep the fridge full for whatever needs a good, hearty stock. The best time to make it is very early morning. I get up about 3.30 am to start it.

THE STOCKPOT

(after Elme Francatelli)

Place in a well-tinned stock pot, capable of holding about 8 gallons, 10lb of leg or shin of beef and an equal weight of knuckles of veal, cut into pieces; to these add the carcass of an old hen and a knuckle of ham; moisten with 2 quarts of broth or water; set the stockpot down to boil sharply, until the liquid has become reduced to a glaze.

The heat must then be slackened by placing ashes upon the fire in order to abate its fierceness, so as to allow the glaze to attain a light brown colour, without it being burnt and carbonized; if this latter accident happen, it tends to considerably diminish the stomachic qualities and flavour of the stock and consomme.

As soon as the consolidation of the glaze is effected, make up the fire, fill up the stock pot and when it boils, skim it thoroughly; after which garnish with 6 carrots, 4 onions, 3 turnips, 4 leeks, 2 heads of celery, an onion in which 12 cloves have been stuck; season with 3 oz salt, and having allowed the stock to continue gently boiling for about 5 hours, remove the grease from its surface; and then proceed to strain it through a sieve into clean pans or storage as is your need.

Alternatively, use stock cubes.



IF YOU'VE NEVER COOKED BEFORE

THE **a** TO **z** OF INGREDIENTS

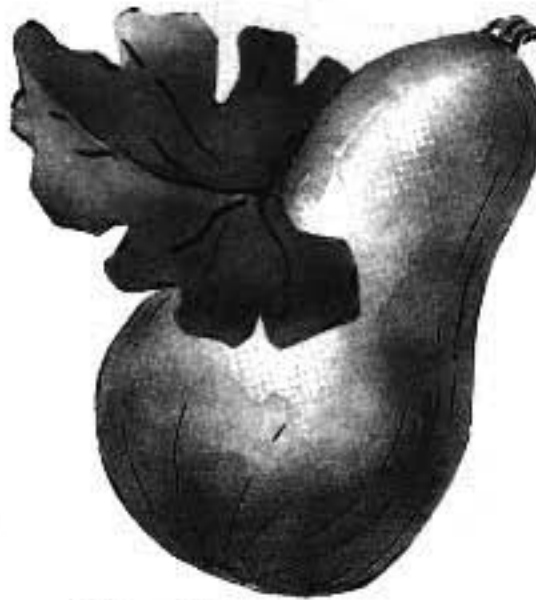
(to avoid confusion in the kitchen between flour, sugar, and any other similar substance).

If in fact you have never cooked before (and by cooking, I mean anything more than defrosting a pizza in your microwave, or adding ketchup to your felaful at 3 o'clock in the morning while bleary-eyed in a shopping strip somewhere you'll never visit again) then this section is for you.

Avocado

Married with smoked salmon, this is like reversed cunnilingus: an orgasm of the tongue.

To remove the seed easily, cut around the avocado lengthways, undo the two halves and then gently karate-chop the seed with a sharp knife. Twist sideways once. It should come out stuck to the knife. Then you can play a more exciting and dangerous version of the same game: getting the seed off the knife.



Basil

The superb herb. Also associated with a manic hotelier and an extraordinary artist / poet from Melbourne. A huge difference between fresh and dried, & Magic with tomato. It is a base ingredient for pesto.

Butter

The yellow stuff that goes on toast. If you're not big on dairy - 'cos you're vegan or whatever - you can obviously substitute butter with marg.



Bread

NOT the squidgy stuff you buy in plastic bags at the supermarket or convenience store. Real bread has depth, subtle flavour, texture, Yes! Yes! YES!

Cornmeal: See
Polenta

Cumin

Love the smell of this. Use sparingly.

Curry

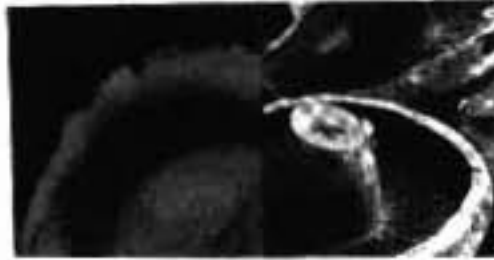
The only difficulty here is the differing strengths, smells and tastes of pre-packed stuff. All powders are different, and some will blow you away while others don't even register. I use Malaysian. Trial and error is the only key here. If you want a real curry make your own.

Egg

From a chicken's bum. Yeah, I know it's disgusting but you only eat the inside bit (of the egg, not the chicken). Use free range. It's big bad karma to eat anything from an unhappy chicken's bum. To separate white from yolk: using the half-shells, carefully pour the egg from one shell to the other, keeping the yolk in one shell and letting the white pool out into a cup.



FLOUR LOOKS LIKE GROUND COKE. MANY DIFFERENT TYPES.



Garam masala

You can buy this ready in jars in Asian supermarkets, or make up your own blend of a little of any or all of the "c" group of spices: cardamom, cinnamon, cloves, coriander, cumin, and nutmeg. Oh yeah, nutmeg doesn't begin with a c.

Garlic

I die for this stuff. Wherever it says one clove I use two. Where it says five I use ten. Never turn in fear from using garlic. Note: I am a fascist when it comes to garlic. Only a heathen would crush such a divine substance. Chop it, and chop it well. For the last word on garlic see "Home Remedies".

Ghee

Funky butter-like stuff. Contrary to popular opinion it's not vegan: it's made of butter. It is fabulous for frying because it doesn't smoke or burn.

Lentils

A pulse. Not what runs through your imagination when stoned. Buy them from supermarkets and health food shops. Greek & Italian mothers make vile concoctions for their kids with them. Bleargh. Not like these recipes. Yumm. There are different varieties, red, brown, etc. They have different textures, but who cares.

Milk

This is the white healthy stuff that is left behind when you take away the choccy flavouring. It's from those big lovely cow things, not tins & add water. Soy milk can usually be used as a substitute.

Polenta

Ground corn meal. Yellow. Polenta tends to be coarse, corn-meal is finer. Like corn on the cob, but no cob and very, very little grains of corn. Fabulous stuff. I personally believe corn to be the greatest veggie on earth. It gives us corn, corn on the cob, corn chips, pop corn, polenta and vodka. Heaven. Buy it at markets /supermarkets, or preferably at the co-op (take your own bag).

Spud

Also known as potatoes, they come in a huge range of varieties each with unique characteristics. Never chop them up to boil them as they will go soggy: a prick with a fork or knife, or at most cut in half to blanch and prepare them for another recipe is enough. Spuds also provide vodka. Mmm.



Sugar

Known as white death, this is stuff that your dentists warned you about. It has no nutritional value at all but BOY does it taste good. There's castor, demerara, granulated, raw & icing so choose from so be careful to get the right kind. Honey can be used as an alternative.

VEGETABLES

COME IN ALL SHAPES, SIZES AND COLOURS. THEY MAY BE GOOD FOR YOU BUT THEY CAN ALSO TASTE GREAT SO DON'T BE PUT OFF. BUY ORGANIC, YOU KNOW IT MAKES SENSE.

Zucchini

Well, we had to have the token Z..... it's from the marrow family.



Ashley's Sister
PO Box 584, Carlton South
Vic 3053, Australia

Sigh.

Partying can be such a chore.

There's the cooking and the prep, and the eating and stuff, and of course the cleaning to be done within a week or two of the partying.

In the manner of Gertrude Stein (see *Haschich Fudge*), My little Good-Bye to you all is a good-bye. To say good is to be saying good, and it is good to be saying it. Bye is a way of expressing this. Mooo.

HEY! It's OK to not know what the hell's going on sometimes. Most of us are often lost in it all. All I want to do here is to encourage you to enjoy the fruits of the earth, and to consume in moderation.

If you have any questions, queries, ideas, messages, or, most importantly, recipes you wish to share, please send them along (the address is above).

Lots of Karmic Love,
A.S.



Do It Yourself Page: Notes and Recipes

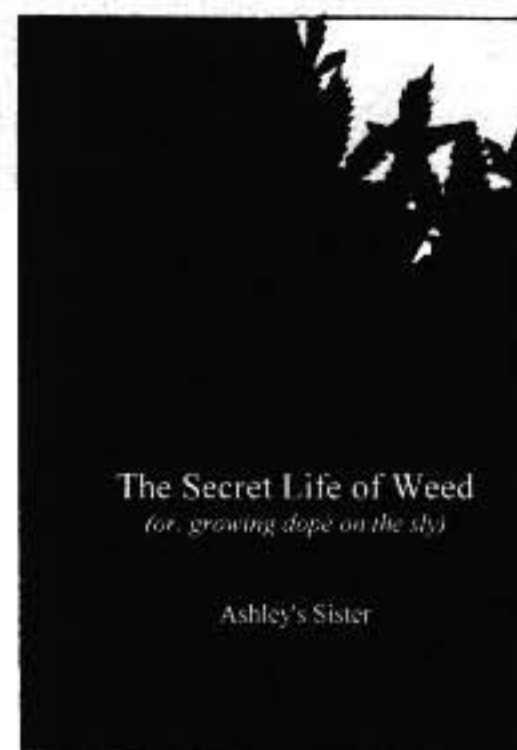
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